



# Creamy Harissa Sausage Pasta

with Tomatoes, Olives and Walnuts

N° 5

**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day



Hickory Smoked Sausage



Onion



Garlic Clove



Baby Plum Tomatoes



Spring Onion



Rigatoni Pasta



Harissa Paste



Crème Fraîche



Olives



Walnuts

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Baking Tray, Fine Grater (or Garlic Press), Colander, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Hickory Smoked Sausage <b>14</b> **	2	3	4
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Rigatoni Pasta <b>13</b>	200g	300g	400g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche <b>7</b> **	100g	150g	225g
Olives**	1 pouch	1½ pouches	2 pouches
Walnuts <b>2</b>	1 small pot	1 large pot	1 large pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	4115 /984	925 /221
Fat (g)	56	13
Sat. Fat (g)	17	4
Carbohydrate (g)	92	21
Sugars (g)	14	3
Protein (g)	32	7
Salt (g)	2.20	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2)** Nut **7)** Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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## 1. Bake the Sausages

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Pop your **sausages** on a lightly oiled baking tray and bake on the top shelf of your oven until cooked, 25-30 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



## 4. Finish the Sauce

Once the **liquid** has reduced, stir in the **crème fraîche**, bring to the boil, then remove from the heat. Have a quick tidy up now if your **sausages** haven't quite finished cooking! When the **sausages** are cooked, remove them from the oven and carefully slice into 2cm wide rounds on a board using a knife and fork.



## 2. Prep

While the **sausages** cook, halve, peel and thinly slice the **onion** into half moon shapes. Peel and grate the **garlic** (or use a garlic press). Quarter the **tomatoes**. Trim the **spring onion** and thinly slice. When the **water** is boiling, add the **rigatoni** and simmer until tender, 12 mins. Once cooked, drain the **pasta** in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.



## 5. Combine

Add the **sausages** to the **sauce** and stir to combine. Taste and add **salt** and **pepper** if necessary. Warm the **sauce** through if you feel it needs it, 1-2 mins. Add the drained **pasta** and **half** the **olives**. Mix everything together until well combined. **TIP:** *Add a splash of water if the sauce looks a little dry.*



## 3. Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until softened, stirring occasionally, 5-6 mins. Add the **garlic**, **tomatoes** and **harissa paste** and cook, stirring until the **tomatoes** have softened slightly, 2-3 mins. Pour in the **water** (see ingredients for amount), stir together, reducing the heat if necessary. Simmer until the sauce has reduced by half, 3-4 mins.



## 6. Finish and Serve

Divide the **pasta** between bowls and sprinkle over the **walnuts**, **spring onion** and remaining **olives**.

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.