



Herby Pork Ragu with Linguine and Cheese

Family 30-35 Minutes • 3 of your 5 a day

1



Red Onion



Garlic Clove



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with Onion & Garlic



Red Wine Stock Paste



Linguine



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Linguine 13)	180g	270g	360g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	509g	100g	534g	100g
Energy (kJ/kcal)	3456 / 826	680 / 162	3944 / 943	713 / 170
Fat (g)	27.9	5.5	37.1	6.7
Sat. Fat (g)	12.6	2.5	15.4	2.8
Carbohydrate (g)	99.4	19.5	100.3	18.1
Sugars (g)	25.9	5.1	25.9	4.7
Protein (g)	37.7	7.4	45.4	8.2
Salt (g)	5.66	1.11	6.89	1.24

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Put a large saucepan of **water** on to boil with **½ tsp salt** for the **pasta**.

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



Fry the Sausage Meat

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sausage meat** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw meat.

CUSTOM RECIPE

If you've chosen to add **bacon** to your meal, add it to the frying pan before cooking the **sausage meat**. Stir-fry until golden, 4-5 mins, then add the **sausage meat** and continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Build the Flavour

Add the **chopped onion** to the **sausage meat** and cook until softened, 4-5 mins, stirring occasionally.

Stir in the **garlic**, and cook until fragrant, 1 min.



Simmer the Ragu

Add the **chopped tomatoes**, **red wine stock paste** and **sugar for the sauce** (see pantry for amount) to the **sausage meat**, then stir together and bring to a simmer.

Allow it to cook until the **ragu** has reduced and thickened, 12-15 mins. Taste and season with **salt** and **pepper** if needed. **IMPORTANT:** The sausage meat is cooked when no longer pink in the middle.



Cook the Pasta

While the **ragu** simmers, add the **linguine** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Combine and Serve

When ready, add the **cooked pasta** to the **ragu** and stir through **half** the **grated hard Italian style cheese**.

Toss together, adding a splash of **water** if it's a little too thick.

Share the **pork linguine** between your bowls and top with the remaining **cheese**.

Enjoy!