



Herby Pork Ragu with Linguine and Cheese

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

3



Red Onion



Flat Leaf Parsley



Finely Chopped Tomatoes with Onion and Garlic



Linguine



Garlic Clove



Pork & Oregano Sausage Meat



Chicken Stock Paste



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pork and Oregano Sausage Meat**	225g	340g	450g
14)			
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Linguine 13)	180g	270g	360g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	505g	100g
	3390/810	672/161
Fat (g)	28.5	5.6
Sat. Fat (g)	12.7	2.5
Carbohydrate (g)	93.5	18.5
Sugars (g)	22.9	4.5
Protein (g)	38.5	7.6
Salt (g)	4.82	0.96

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 **onion** into small pieces.
Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **parsley** (stalks and all).



Simmer the Ragù

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

Allow to cook until the **ragù** has reduced and thickened, 12-15 mins. Season to taste with **salt** and **pepper**. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



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.*



Cook the Pasta

While the **ragù** 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.



Build the Flavour

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

Add the **garlic**, then stir and cook until fragrant, 1 min.



Combine and Serve

When ready, add the **cooked pasta** to the **ragù** and stir through **half the parsley** and **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 **parsley** and **cheese**.

Enjoy!