



Herby Sausage Bolognese

with Cheesy Garlic Bread

N° 11

FAMILY Hands on Time: 10 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Carrot



Red Pepper



Garlic Clove



Ciabatta



Pork & Oregano Sausage



Finely Chopped Tomatoes



Italian Seasoning



Tomato Puree



Beef Stock Powder



Cheddar Cheese



Grated Italian Style Hard Cheese



Spaghetti

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Carrot	1	2	2
Red Pepper	½	1	1
Garlic Clove	2	3	4
Ciabatta 11 13	1	1½	2
Pork & Oregano Sausage meat 13 14	225g	340g	450g
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton
Italian Seasoning	½ pot	¾ pot	1 pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Cheddar Cheese 7	1 block	2 blocks	2 blocks
Grated Italian Style Hard Cheese 7 8	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Spaghetti 13	200g	300g	400g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503g	100g
Energy (kJ/kcal)	4105 / 981	816 / 195
Fat (g)	34	7
Sat. Fat (g)	16	3
Carbohydrate (g)	120	24
Sugars (g)	17	3
Protein (g)	47	9
Salt (g)	3.68	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Prep Time

Trim the **carrot** (no need to peel!) and grate on the coarse side of your grater. Halve the **pepper** and remove the core and seeds. Chop into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **ciabatta** (as if you were making a sandwich).



4. Garlic Bread Time

Meanwhile, preheat your grill to 220°C. Grate the **cheddar cheese** and in a small bowl, mix with two thirds of the **hard Italian style cheese**, remaining **garlic** and **olive oil** (see ingredients for amount). Lay the **ciabatta** on a baking tray cut-side up and spread the **cheesy mixture** on top. When your **bolognese** has 8 mins left, grill the **bread** on the top shelf of your oven until the **cheese** is golden, 5-6 mins.



2. Brown the Meat

Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **sausage meat** to the pan and fry until browned, 5-6 mins. Break it up with a wooden spoon as it cooks. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.* Once browned, add the **pepper** and **carrot** to the pan, stir together and cook until the **pepper** is soft, another 4-5 mins, stirring occasionally. Stir in half the **garlic** and cook for a minute.



5. Cook the Spag

Next, add the **spaghetti** to your pan of boiling **water**. Boil for 8 mins. Once cooked, drain in a colander, return to the pan and drizzle with **oil** to stop it sticking together.



3. Simmer the Sauce

Add the **chopped tomatoes**, **Italian seasoning**, **tomato purée** and **beef stock powder**. Pour in the **water** (see ingredients for amount). Stir to dissolve the **stock**. Bring to a simmer, cook gently, uncovered, on medium-low heat until the sauce has reduced and thickened, 12-15 mins. Stir occasionally. Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **pasta**.



6. Finish and Serve

Once baked, cut the **garlic bread pieces** in half diagonally. When your **bolognese** is rich and delicious, taste and add **salt** and **pepper** if it needs it. Serve the **pasta** in bowls with a good helping of **bolognese** on top. Sprinkle on the remaining **hard Italian style cheese**. Serve with the **cheesy garlic bread** on the side.

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.