



Oregano Sausage Spaghetti Bolognese

with Italian Style Cheese and Garlic Bread

Classic 30-35 Minutes • 2 of your 5 a day

40



Garlic Clove



Ciabatta



Spaghetti



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with Onion and Garlic



Sun-Dried Tomato Paste



Beef Stock Paste



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, colander, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Ciabatta 13	1	1½	2
Spaghetti 13	180g	270g	360g
Pork and Oregano Sausage Meat** 14	225g	340g	450g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	50g	50g
Beef Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	485g 3964 /947	100g 817 /195
Fat (g)	36.3	7.5
Sat. Fat (g)	12.1	2.5
Carbohydrate (g)	110.8	22.8
Sugars (g)	19.2	4.0
Protein (g)	38.8	8.0
Salt (g)	5.43	1.12

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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Prep Time

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

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta**.



Simmer your Bolognese

Stir in the **chopped tomatoes, sun-dried tomato paste, beef stock paste, sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer, stirring occasionally, until the **sauce** has thickened, 12-15 mins.

In the meantime, preheat your grill to high.



Cook the Spaghetti

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

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



Garlic Bread Time

When the **Bolognese** has about about 5 mins of cooking time left, lay the **ciabatta halves** on a baking tray, cut-side up.

Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

Pop under the grill until golden, 3-4 mins.



Fry the Sausage Meat

In the meantime, 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. It's cooked when no longer pink in the middle.

Stir in **half** the **garlic** and cook for 1 min more.



Finish and Serve

Once your **Bolognese** has thickened, taste and season with **salt** and **pepper**.

Stir in the **cooked spaghetti** and **three quarters** of the **hard Italian style cheese**, adding a splash of **water** if it's a little too thick.

Share your **sausage Bolognese** between your bowls and sprinkle over the remaining **cheese**. Cut the **garlic bread** in half diagonally into triangles and serve alongside.

Enjoy!