



# Pork and Oregano Sausage Linguine with Courgette and Cheese

Family 25-30 Minutes • Mild Spice • 2 of your 5 a day

9



Courgette



Garlic Clove



Pork and Oregano Sausage Meat



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Linguine



Chilli Flakes



Grated Hard Italian Style Cheese

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, frying pan, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Courgette**	1	2	2
Garlic Clove**	1	1	2
Pork and Oregano Sausage Meat**	225g	340g	450g
<b>14)</b>			
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Linguine <b>13)</b>	180g	270g	360g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Grated Hard Italian Style Cheese** <b>7) 8)</b>	25g	40g	50g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	3274 / 783	604 / 145
Fat (g)	28.1	5.2
Sat. Fat (g)	11.5	2.1
Carbohydrate (g)	89.1	16.4
Sugars (g)	17.7	3.3
Protein (g)	36.4	6.7
Salt (g)	5.03	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.



## Cook the Linguine

Meanwhile, when your pan of **water** is boiling, add the **linguine** and bring back to the boil.

Cook until tender, 12 mins.



## Fry Time

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

Once hot, add the **courgette** and fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for 1 min more, then transfer to a bowl and set aside.

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **sausage meat** and fry until browned, 4-5 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.



## Combine and Stir

Once the **pasta** is cooked, add a splash of **pasta water** to the **sauce** if it's a little thick, then drain in a colander.

Add the **cooked linguine** to the **sauce** and toss together until combined.



## Simmer the Sauce

When the **sausage meat** has browned, return the **courgette** to the pan with the **sun-dried tomato paste**, **chopped tomatoes** and **chicken stock paste**.

Add a pinch of **sugar** (if you have any), then season with **salt** and **pepper**.

Stir together and bring to the boil, then reduce the heat and simmer until thickened, 10-12 mins. **IMPORTANT:** The meat is cooked when no longer pink in the middle.



## Finish and Serve

Add **chilli flakes** to the **pork linguine** to taste (careful, they're hot - add less if you'd prefer things milder), then share between your bowls.

Sprinkle over the **hard Italian style cheese** to finish.

Enjoy!