

Pork and Oregano Sausage Linguine

with Courgette and Cheese

Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day













Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with



Chicken Stock

Paste

Sun-Dried Tomato Paste

Onion and Garlic



Linguine



Chilli Flakes



Grated Hard Italian Style Cheese



Before you start

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

Cooking tools

Garlic press, saucepan, frying pan, bowl and colander.

Ingredients

3				
Ingredients	2P	3P	4P	
Courgette**	1	2	2	
Garlic Clove**	1	1	2	
Pork and Oregano Sausage Meat** 14)	225g	340g	450g	
Sun-Dried Tomato Paste	25g	37g	50g	
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½cartons	2 cartons	
Chicken Stock Paste	10g	15g	20g	
Linguine 13)	180g	270g	360g	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g	

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	3261 /779	606/145
Fat (g)	27.5	5.1
Sat. Fat (g)	11.1	2.1
Carbohydrate (g)	90.1	16.8
Sugars (g)	19.3	3.6
Protein (g)	36.1	6.7
Salt (g)	4.98	0.93

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

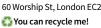
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Get Prepped

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 1/2 tsp salt for the linguine.



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.



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.



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.



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.



Finish and Serve

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

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

Enjoy!