



Pork Linguine with Courgettes

Family 25 Minutes • Little Spice • 2 of your 5 a day



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

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Colander.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Garlic Clove	1	1	2
Pork and Oregano Sausage Meat 13)	225g	340g	450g
14)**			
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 13)	180g	270g	360g
Chilli Flakes	1 pinch	1 pinch	2 pinch
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	3449 / 824	628 / 150
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	92	17
Sugars (g)	19	4
Protein (g)	40	7
Salt (g)	5.16	0.94

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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 You can recycle me!



Do the Prep

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** of **salt**.



Cook the Pasta

While the **sauce** is cooking, add the **linguine** to your pan of **boiling water**. Cook for 12 mins.



Start the Sauce

Heat a drizzle of **olive oil** in a frying pan on medium-high heat and add the **courgette**. Fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for 1 minute more, then remove the **courgette** to a bowl and set aside. Add a little more **oil** to the now-empty pan and pop back on medium-high heat. Add the **sausage meat** and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The meat is cooked when no longer pink in the middle.



Combine

When the **pasta** is cooked, drain in a colander. Add the **drained pasta** to the pan with the **sauce** and toss or stir together.



Simmer the Sauce

When the **sausage meat** has browned, return the **courgette** to the pan. Add the **sundried tomato paste**, **chopped tomatoes** and **chicken stock paste** along with a pinch of **sugar** (if you have any). Season with **salt** and **pepper**. Stir together, bring to the boil then reduce the heat and simmer until thickened, 10-12 mins. **TIP:** Add a splash of the pasta water to the sauce if it starts to look too thick.



Finish and Serve

If you like a bit of heat, add a pinch of **chilli flakes** to the **pasta** before serving. **TIP:** Careful - the chilli flakes are hot. Sprinkle over the **hard Italian style cheese**.

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.