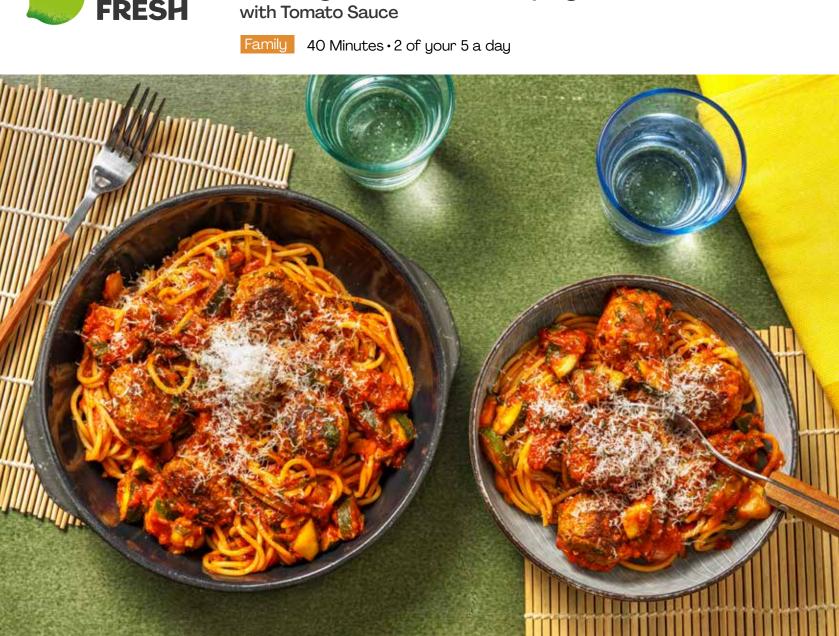


# Sausage Meatballs & Spaghetti







Pork and Oregano Sausage Meat









**Garlic Clove** 



Courgette

Tomato Paste



Finely Chopped Tomatoes with Basil



Dried Oregano



Chicken Stock Paste



Flat Leaf Parsley



Spaghetti

# Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Bowl, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Colander.

## Ingredients

	2P	3P	4P	
Pork and Oregano Sausage Meat 13) 14)**	225g	340g	450g	
Grated Hard Italian Style Cheese <b>7) 8)</b> **	40g	65g	80g	
Onion	1	1	2	
Courgette**	1	2	2	
Garlic Clove	1	2	2	
Sun-dried Tomato Paste	1 sachet	2 sachet	2 sachets	
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons	
Dried Oregano	1 sachet	1 sachet	1 sachet	
Water for the Sauce*	100ml	150ml	200ml	
Sugar*	1 tsp	1½ tsp	2 tsp	
Chicken Stock Paste	10g	15g	20g	
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch	
Spaghetti 13)	180g	270g	360g	
*Not Included **Store in the Fridge				

## **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	610g	100g
Energy (kJ/kcal)	3604 /861	591 /141
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	100	16
Sugars (g)	25	4
Protein (g)	41	7
Salt (g)	5.18	0.85

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!

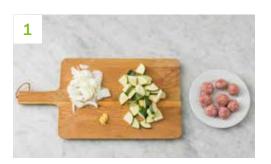
Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

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

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







# Prep

Pop the **sausage meat** in a bowl and add a **quarter** of the cheese, season with salt and pepper then shape into four **meatballs** per person. Set aside on a plate. IMPORTANT: Wash your hands after handling raw meat. Halve, peel and thinly slice the **onion**. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring a large pan of water to the boil for the pasta with ½ tsp salt.



# Fry the Meatballs

Heat a splash of oil in a frying pan on medium heat. When hot, add the meatballs and fry until golden all over, 5-6 mins, turning occasioanlly.



## Simmer the Sauce

Add the **onion** and **courgette** to the pan with the meatballs and cook, stirring gently so as not to break the **meatballs**, until the **veg** begins to soften, 4-5 mins. Next, stir in the garlic, sun-dried tomato paste, finely chopped tomatoes, dried oregano, water, sugar (see ingredients for both amounts) and chicken stock paste.



### Finish Off

Stir together, lower the heat and simmer until the **sauce** has thickened and the **meatballs** are cooked through, 10-12 mins. IMPORTANT: The meatballs are cooked when no longer pink in the middle. While the **sauce** simmers, roughly chop the parsley (stalks and all) and keep to one side. Do any washing up that needs doing.



# Cook the Pasta

When the sauce has 8 minutes cook time remaining, add the spaghetti to the boiling water and cook until tender, 8 mins. When cooked, drain in a colander and return to the saucepan (off the heat). Add a drizzle of oil and a good grind of **pepper**, stir through to stop it sticking together.



#### Serve

Once the **sauce** is ready, season to taste with salt and pepper then stir in the parsley and the cooked pasta. Serve the pasta in bowls, finish with a sprinkling of the remaining 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.