



Speedy Sausage Pasta with Spinach

Rapid 20 Minutes • Little Spice

5



Pork and Oregano Sausage Meat



Rigatoni



Balsamic Vinegar



Tomato Purée



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Baby Spinach



Sun-Dried Tomato Paste



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:

Kettle, Frying Pan, Wooden Spoon, Saucepan, Colander, Bowl, Measuring Jug.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat 13 14)**	225g	340g	450g
Rigatoni 13	200g	300g	400g
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	3618 /865	703 /168
Fat (g)	30	6
Sat. Fat (g)	13	2
Carbohydrate (g)	105	20
Sugars (g)	18	4
Protein (g)	42	8
Salt (g)	4.98	0.97

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.



Fry the Sausage

- Fill and boil the kettle.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **sausage meat** and fry until browned, 3-4 mins. Break it up with a wooden spoon as it cooks, but keep it quite chunky.



Cook the Pasta

- Fill a saucepan with boiling **water**, add the **rigatoni** and ½ tsp of **salt**.
- Pop on high heat and bring the **water** back to the boil. Add the **rigatoni** and simmer until tender, 12 mins.
- When cooked, drain the **pasta** in a colander, pop back in the pan and drizzle with **oil** and stir through to stop it sticking together.



Start the Sauce

- Add the **balsamic vinegar** to the **sausage meat** and allow to evaporate for 30 seconds.
- Stir in the **tomato purée** and cook for 2 mins.



Cook the Sauce

- Add the **finely chopped tomatoes**, **chicken stock powder**, **water** (see ingredients for amount) and a pinch of **sugar** to the frying pan.
- Bring up to the boil, then reduce the heat to medium and simmer until thick and tomatoey, 5-6 mins. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



Finish Up

- When the **sauce** is cooked, stir through the **spinach** a handful at a time until wilted, 2-3 mins.
- Stir through the **sun-dried tomato paste**, then season to taste with **salt** and **pepper** if needed.



Serve

- Toss the **rigatoni** into the **sausage sauce**, along with half the **hard Italian style cheese**.
- Toss together until combined.
- Serve in bowls finished with a sprinkling of the remaining **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.