



Speedy Sausage Pasta with Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

Nº 23



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Tomato Puree



Finely Chopped Tomatoes



Chicken Stock Paste



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, Saucepan, Colander and Bowls.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat 13 14 **	225g	340g	450g
Rigatoni Pasta 13	180g	270g	360g
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
Chicken Stock Paste	10g	15g	20g
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	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3346 / 800	661 / 158
Fat (g)	29	6
Sat. Fat (g)	13	3
Carbohydrate (g)	92	18
Sugars (g)	15	3
Protein (g)	39	8
Salt (g)	3.85	0.76

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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Fry the Sausage Meat

- 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**, season with **salt** and **pepper** and fry until browned, 3-4 mins. Break it up with a wooden spoon as it cooks (keep it quite chunky). **IMPORTANT:** Wash your hands and equipment after handling raw meat.



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 puree** and cook for 2 mins.



Cook the Sauce

- Add the **finely chopped tomatoes**, **chicken stock paste**, **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.