



Speedy Sausage Pasta with Spinach

Family 20 Minutes • 1 of your 5 a day

11



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



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, Wooden Spoon, Saucepan, Colander, Measuring Jug, Bowl.

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 sachets | 2 sachets |
| Finely Chopped Tomatoes with Onion and Garlic | 1 carton | 1½ cartons | 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) | 3427 / 819 | 677 / 162 |
| Fat (g) | 30 | 6 |
| Sat. Fat (g) | 13 | 3 |
| Carbohydrate (g) | 90 | 18 |
| Sugars (g) | 17 | 3 |
| Protein (g) | 39 | 8 |
| Salt (g) | 5.21 | 1.03 |

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

You can recycle me!



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**, 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 into the pan, 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.