



# Speedy Sausage Rigatoni with Peas and Cheese

Rapid 20 Minutes • 3 of your 5 a day

14



Pork and Oregano Sausage Meat



Rigatoni Pasta



Balsamic Vinegar



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Onion & Garlic



Chicken Stock Paste



Peas



Grated Hard Italian Style Cheese

### Recipe Update

Due to quality issues with **baby spinach**, you'll instead receive **peas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, frying pan, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Rigatoni Pasta 13)	180g	270g	360g
Balsamic Vinegar 14)	12ml	12ml	24ml
Sun-Dried Tomato Paste	25g	50g	50g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	493g	100g
	3399 /812	690 /165
Fat (g)	27.5	5.6
Sat. Fat (g)	11.1	2.2
Carbohydrate (g)	96.1	19.5
Sugars (g)	23.2	4.7
Protein (g)	37.8	7.7
Salt (g)	4.98	1.01

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Fry the Sausage Meat

- Fill and boil your kettle.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **sausage meat** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks (keep it quite chunky). **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The sausage meat is cooked when no longer pink in the middle.*



## Sauce Things Up

- Add the **finely chopped tomatoes, chicken stock paste, sugar and water for the sauce** (see pantry for both amounts) to the **sausage meat**.
- Stir and bring to the boil, then lower the heat.
- Simmer until thickened, 5-6 mins.



## Pasta Time

- Fill a large saucepan on high heat with the **boiling water** from the kettle and add **½ tsp salt**.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Add the Spinach

- Once the **sauce** has thickened, stir in the **peas** and cook for 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



## Build the Flavour

- Once the **sausage meat** has browned, drain and discard any excess fat.
- Add the **balsamic vinegar** and allow it to evaporate for 30 secs.
- Stir in the **sun-dried tomato paste** and cook for 1 min.



## Finish and Serve

- Add the **cooked rigatoni** to the **sausage sauce**, along with the **cheese**.
- Toss together until combined.
- Serve your **sausage rigatoni** in bowls and dig in.

Enjoy!