



# Tuscan Sausage Wraps

with Rocket and Basil



## HELLO ROCKET

Rocket is aptly named as it grows extremely fast. Leaves are ready for harvest within 40 days of sowing!



Tuscan Pork Sausage



Echalion Shallot



Red Pepper



Tomato Passata



Garlic Clove



Basil



Wholemeal Tortilla



Spinach



Hard Italian Cheese



Balsamic Vinegar



Olive Oil



Rocket

40 mins

3 of your 5 a day

Family Box

At the Fresh Farm we love to take a traditional recipe and give it a fresh twist. Here we've morphed the sausage roll into a far tastier version. These baked sausage wraps are packed full of flavour and goodness. We think they may become a new family favourite!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Frying Pan, Mixing Bowl, Fine Grater** (or **Garlic Press**) and an **Ovenproof Dish**. Now, let's get cooking!



### 1 PREP THE SAUSAGE

Heat a splash of **oil** in a large frying pan on medium heat. Remove the skin from the **sausage** by slitting along its length. Remove the **sausage meat** and break into 2cm chunks (discard the skin). Pop the **sausage meat** in a frying pan. Cook until browned, 10-12 mins. Turn every now and then to make sure they don't burn.



### 2 PREP THE VEGGIES

Wash your hands and then get on with the rest of your prep. Halve, peel and thinly slice the **shallot** into half moons. Halve, then remove the core from the **red pepper**. Slice as thinly as you can. Once the **sausage meat** is cooked, transfer to a plate then add the **pepper** and **shallot** to the pan. Cook until soft, 5-7 mins.



### 3 MAKE THE SAUCE

Pour the **tomato passata** into a mixing bowl. Season with a pinch of **salt** and a good grind of **black pepper**. Peel and grate the **garlic** (or use a garlic press). Pick the **basil leaves** from their stalks and finely chop (discard the stalks). Add the **garlic** and **basil** to the **passata**. Taste and add more **salt** and **black pepper** if necessary. This is your **tomato sauce**.



### 4 MAKE THE WRAPS

Place one **tortilla** on a chopping board. Spread a spoonful of the **tomato sauce** across it, leaving a 1 cm border. Put some **spinach leaves** in the centre and top with a few pieces of **sausage, red pepper** and **shallot**. Roll to enclose the filling and then pop, join-side down, into a lightly-oiled ovenproof dish.



### 5 BAKE THE WRAPS

Repeat until you have two filled **tortillas** per person. Spoon the remaining **tomato sauce** on top of the rolled **tortillas** and sprinkle over the **hard Italian cheese**. Pop the baking dish on the top shelf of your oven. Bake until the **cheese** is golden and bubbling, 12-15 mins. Have a quick clear up and maybe get the washing up done whilst the wraps cook!



### 6 FINISH AND SERVE

Mix the **balsamic vinegar** with the **olive oil** (amount specified in the ingredient list) and drizzle it over the **rocket**. Serve your **sausage wraps** on a bed of **rocket**. **Enjoy!**

## 4 PEOPLE INGREDIENTS

Tuscan Pork Sausage (10) (12)	500g
Echalion Shallot, sliced	2
Red Pepper, sliced	2
Tomato Passata	2 cartons
Garlic Clove, grated	1
Basil, chopped	1 bunch
Wholemeal Tortilla (1)	8
Spinach	1 bag
Hard Italian Cheese (7)	40g
Balsamic Vinegar (12)	1 tbsp
Olive Oil*	2 tbsp
Rocket	2 bags

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	644	128
(kJ)	2699	536
Fat (g)	31	6
Sat. Fat (g)	8	2
Carbohydrate (g)	54	11
Sugars (g)	13	3
Protein (g)	34	7
Salt (g)	3.40	0.70

### ALLERGENS

1)Gluten 7)Milk 10)Mustard 12)Sulphites

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

You made this, now show it off! Share your creations with us:

