



QUICK SAUSAGE BOLOGNESE

with Spinach and Carrots over Spaghetti



HELLO SAUSAGE BOLOGNESE

Hearty meat sauce without hours of stovetop simmering

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 890



Yellow Onion



Garlic



Parsley



Sweet Italian Pork Sausage



Chicken Stock Concentrate



Parmesan Cheese
(Contains: Milk)



Carrots



Button Mushrooms



Spaghetti
(Contains: Wheat)



Crushed Tomatoes



Baby Spinach

START STRONG

We recommend chopping the veggies on the small side so that they are easier to stir into the sauce and eat with the pasta (plus, picky eaters may be less likely to notice them).

BUST OUT

- Large pot
- Peeler
- Large pan
- Strainer
- Olive oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|----------|
| • Yellow Onion | 1 |
| • Carrots | 2 |
| • Garlic | 2 Cloves |
| • Button Mushrooms | 4 oz |
| • Parsley | ¼ oz |
| • Spaghetti | 12 oz |
| • Sweet Italian Pork Sausage | 18 oz |
| • Crushed Tomatoes | 2 Boxes |
| • Chicken Stock Concentrate | 1 |
| • Baby Spinach | 10 oz |
| • Parmesan Cheese | ½ Cup |

HELLO WINE



PAIR WITH

Chasseur de Cailloux
Côtes du Rhône Rouge, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and dice **onion**. Peel and finely dice **carrots**. Mince or grate **garlic**. Trim, then roughly chop **mushrooms**. Roughly chop **parsley**.



4 MAKE BOLOGNESE

Stir **crushed tomatoes**, **pasta cooking water**, and **stock concentrate** into pan. Simmer until slightly thickened, 4-5 minutes. Season with **salt** and **pepper**.



2 COOK VEGGIES

Heat **4 tsp olive oil** in a large pan over medium heat. Add **onion**, **carrots**, and **garlic** and cook until softened, about 5 minutes. Toss in **mushrooms** and cook until tender, about 5 minutes. Season with **salt** and **pepper**.



5 WILT SPINACH

Stir **spinach** into pan with Bolognese and let wilt. (**TIP:** If Bolognese is not saucy or seems stiff, add an extra splash of water.) Taste and season with **salt** and **pepper**.



3 COOK PASTA AND SAUSAGE

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes. Scoop out and reserve **1 cup pasta cooking water**, then drain. Once mushrooms are tender, add **sausage** to pan, breaking up meat into pieces. Cook until no longer pink, about 5 minutes.



6 PLATE AND SERVE

Divide **spaghetti** between plates and top with **Bolognese**. Sprinkle with **Parmesan** and **parsley**.

FRESH TALK

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