



Cooking Made Easy

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Garlic Day Pork Linguine with Courgettes, Chilli and Lemon

Cinematic landscapes, beautiful wines and some of the best nosh we've ever laid our tastebuds on. Tuscany pretty much ticks all of our sensory boxes and with that in mind we created this rustic little number. We combined artisan sausage meat with chilli and Pecorino to give you a hit of Italy, in the time it takes to let a bottle of Chianti breathe. With all the time you'll have left over we'd recommend nipping online to book a weekend getaway! Buon appetito!



25 min



spicy



Italian Style Sausage



Courgette



Red Onion



Garlic Clove



Chilli Flakes



Organic Chopped
Tomatoes



Linguine



Pecorino Cheese



Lemon

Ingredients

	2P	4P
Italian Style Sausage 1	250g	500g
Courgette, diced	1 cup	2 cups
Red Onion, diced	1/3 cup	2/3 cup
Garlic Clove, diced	1	2
Chilli Flakes	1/4 tsp	1/2 tsp
Organic Chopped Tomatoes	1 tin	2 tins
Linguine 2	220g	440g
Pecorino Cheese, grated 3	3 tbsp	5 tbsp
Lemon	1/2	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | **2)** Gluten

3) Milk

Nutrition per serving: Calories: 1016kcal | Protein: 46 g | Carbs: 107 g | Fat: 43 g | Saturated Fat: 16 g



1 Remove the skin from the sausage. Chop the very top and bottom off the courgette and slice in half lengthways. Slice each half into 3 lengthways and then dice the courgette into small cubes. Finely dice the onion and garlic.

or until 'al dente'. **Tip:** *Pasta is 'al dente' when it is cooked through but there is a hint of firmness left in the middle.*



2 Heat 1 tbsp of olive oil in a pan on medium-high heat and fry the courgette, onion and garlic for 5 mins. Remove everything from the pan and keep to the side. Boil a large pot of water for your pasta.

6 Once the pasta is cooked drain it and add to tomato mixture.



3 Turn the heat to medium and add a tsp of olive oil. Add the sausage meat to the pan and break it up with a wooden spoon. After about 5 mins when the sausage meat has browned off add back in the vegetables. Add as many chilli flakes as you wish, to heat it up a little.

7 Serve the pasta onto warm plates, scatter over the grated Pecorino and garnish with lemon wedges.



4 Add the tinned tomatoes to the pan and leave to bubble away on medium heat whilst you cook your pasta. If you have any sugar add 1/4 tsp to the pan together with 1/4 tsp of salt and a few grinds of black pepper.

5 Add the pasta to the boiling water and cook for around 10 mins