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## (Sausage) Spaghetti Bolognese

At The Fresh Farm, we're suckers for a bit of classic grub. Spaghetti Bolognese is one of those dishes which everyone of us remembers eating growing up. Some kids got it with carrots and mushrooms in (like ours) and others without. Our secret is adding Worcestershire Sauce for that extra tang. Mmmm... my mouth is watering at the thought! Get cooking!



35 mins



family box



Onion (1)



Carrot (2)



Garlic Clove (1)



Closed Cup  
Mushrooms (1 punnet)



Celery (1 stick)



Pork and Oregano  
Sausage (500g)



Organic Chopped  
Tomatoes (1 tin)



Worcestershire  
Sauce (2 tbsp)



Tomato Purée  
(2 tbsp)



Beef Stock Pot (1)



Parmesan Cheese  
(4 tbsp)



Spaghetti (440g)



Baby Spinach  
(3 handfuls)



Basil (1 bunch)

## Ingredients

4 PEOPLE

ALLERGENS

Onion, chopped	1	
Carrot, chopped	2	
Garlic Clove, chopped	1	
Closed Cup Mushrooms, chopped	1 punnet	
Celery, chopped	1 stick	Celery
Pork and Oregano Sausage	500g	Sulphites
Organic Chopped Tomatoes	1 tin	
Worcestershire Sauce	2 tbsp	Sulphites, Gluten, Fish
Tomato Purée	2 tbsp	
Beef Stock Pot	1	
Parmesan Cheese	4 tbsp	Milk
Spaghetti	440g	Gluten
Baby Spinach	3 handfuls	
Basil	1 bunch	

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

**LH** Step for little hands

**Nutrition per serving:** Calories: 880 kcal | Protein: 43 g | Carbs: 82 g | Fat: 40 g | Saturated Fat: 15 g



**1** Bring a large pot of water to the boil with  $\frac{1}{2}$  tsp of salt (in preparation for your pasta). Peel and chop your onion and carrots into 1cm pieces, peel and finely chop your garlic. Chop your mushrooms and celery stick into roughly 1cm pieces.



**2** Add 2 tbsp of oil to a frying pan on medium heat and add your onion, carrots, garlic and celery. Cook for 5 mins until the onion is soft. If the onion picks up a bit of colour, that's fine! After 5 mins, add your chopped mushrooms and cook for a further 5 mins until they are soft and have cooked down.



**3** Split your sausages lengthways. **LH:** *squeeze out the meat and discard the skins.* Add the sausage meat to the pan and break it up with a wooden spoon. Fry for 6 mins or until the sausage meat is browned.



**4** Add the chopped tomatoes to the pan along with your Worcestershire sauce, tomato

purée and stock pot. Refill your chopped tomato tin a quarter with water and add this to the pan as well. Stir until the stock pot is dissolved and everything is mixed. Bring to a simmer and cook uncovered on medium-low heat for 15 mins, until the sauce has reduced and is thick and delicious.

**5** While the bolognese is cooking, give your kitchen a quick clean, you may even get all your washing up done before dinner has started! Grate your parmesan.

**6** Halfway through your bolognese simmering time, add your spaghetti to the boiling water and cook for 7 mins in total.

**7** When your bolognese is rich and delicious, add the spinach and stir through until it wilts. Drain your pasta and serve it in bowls with a good serving of bolognese and a sprinkle of your grated parmesan. Roughly tear your basil leaves and scatter over the dish.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!