



# Herby Pork Ragu with Pappardelle and Cheese

Classic 35 Minutes • 1 of your 5 a day

5



Red Onion



Garlic Clove



Flat Leaf Parsley



Pork and Oregano Sausage Meat



Tomato Puree



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Pappardelle



Grated Hard Italian Style Cheese

## Before you start

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

## Cooking tools

Saucepan, garlic press, frying pan and colander.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Pork and Oregano Sausage Meat** <b>13) 14)</b>	225g	340g	450g
Tomato Puree	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1 sachet	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Pappardelle <b>13)</b>	200g	300g	400g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	50g	100g	100g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	3340 / 798	672 / 161
Fat (g)	29	6
Sat. Fat (g)	13	3
Carbohydrate (g)	90	18
Sugars (g)	21	4
Protein (g)	38	8
Salt (g)	4.72	0.95

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) 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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## Get Prepped

Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



## Simmer the Sauce

Pour the **chopped tomatoes**, **chicken stock powder** and **sugar for the sauce** (see ingredients for amount) into the pan. Stir together and bring to a simmer. Allow to cook until reduced and thickened, 12-15 mins. Season to taste with **salt** and **pepper**. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



## Fry the Sausage Meat

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **sausage meat** to the pan and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## Cook the Pasta

While the **ragu** simmers, add the **pappardelle** (see ingredients for amount) to the **boiling water** and bring back to the boil. Cook until tender, 10 mins. Once cooked, drain the **pasta** in a colander and drizzle over a little **oil** to stop it sticking together.



## Cook the Veggies

Add the **onion** to the **sausage meat** and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic**, then stir and cook until fragrant, 1 min. Stir in the **tomato puree** and cook for a further 2 mins.



## Combine and Serve

Add the **cooked pasta** to the **ragu** and stir through **half** the **parsley** and **half** the **grated hard Italian style cheese**. Toss together. **TIP:** *Add a splash of water if it looks dry.* Share between your bowls and top with the remaining **parsley** and **cheese**.

Enjoy!