



ITALIAN PORK SAUSAGE & VEGGIE BOLOGNESE

with Spaghetti & Parmesan



Add hidden veggies
to a pork bolognese



Brown Onion



Garlic



Basil



Carrot



Parmesan Cheese



Classic Pork Sausages



Italian Herbs



Spaghetti



Tomato Paste



Crushed & Sieved Tomatoes



Beef Stock



Baby Spinach Leaves

Hands-on: **25 mins**
Ready in: **30 mins**

Put on your magician's hat and try this simple trick to get the kids eating more veggies... Make a tasty pork sausage bolognese and add grated carrot and baby spinach leaves, letting them cook down until they're barely noticeable. Another trick? Use the back of a spoon to help squeeze the pork out of the sausage casings.

Pantry Staples: Olive Oil, Brown Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan**



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **basil** leaves. Grate the **carrot** (unpeeled). Shave (or grate) the **Parmesan cheese** (see **ingredients list**). Squeeze the **classic pork sausage** meat from the casings.



2 START THE PASTA SAUCE

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **sausage** and cook, breaking up with a wooden spoon, until browned, **5-6 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **Italian herbs** and cook until fragrant, **1-2 minutes**. **TIP:** Add less of the **Italian herbs** if the kids don't like the taste of dried herbs. Add the grated **carrot** and cook, stirring, until softened, **4-5 minutes**.



3 COOK THE SPAGHETTI

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve **1/2 cup of pasta water**, then drain the **pasta** and return to the saucepan. **TIP:** 'Al dente' means the pasta is cooked through but is still a little firm.



4 MAKE IT SAUCY

While the **spaghetti** is cooking, add **2/3 tin of tomato paste** to the frying pan and stir to coat. Stir through the **crushed & sieved tomatoes** and **brown sugar**. Crumble in the **beef stock** cubes and stir to combine. Simmer until slightly thickened, **5 minutes**. **TIP:** Simmer for an extra 10 minutes if you have time! Season with a **pinch of pepper**. Add the **baby spinach leaves** and cook, stirring, until wilted, **1 minute**. Add the **butter** and stir until melted.



5 BRING IT ALL TOGETHER

When the bolognese has finished cooking, add the cooked **spaghetti** to the sauce in the pan and toss until well coated. **TIP:** You can serve the bolognese on top of the spaghetti if you prefer! Add a **splash of reserved pasta water** if the sauce looks too thick. Season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in this dish! Taste and add more salt or pepper if you like.



6 SERVE UP

Divide the sausage and veggie bolognese between bowls and sprinkle with the shaved **Parmesan cheese** and **basil leaves**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	4 cloves
basil	1 bunch
carrot	2
Parmesan cheese	1/2 block (100g)
classic pork sausages	1 packet
Italian herbs	1 sachet
spaghetti	2 packets
tomato paste	2/3 tin
crushed & sieved tomatoes	2 tins (800g)
brown sugar*	2 tsp
beef stock	2 cubes
baby spinach leaves	1 bag (120g)
butter*	40g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4510kJ (1080Cal)	630kJ (150Cal)
Protein (g)	46.2g	6.5g
Fat, total (g)	51.5g	7.2g
- saturated (g)	25.0g	3.5g
Carbohydrate (g)	98.4g	13.8g
- sugars (g)	18.1g	2.5g
Sodium (g)	2110mg	295mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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