



Pork Linguine with Courgettes

Family Hands On Time: 15 Minutes • Total Time: 25 Minutes • Little Heat • 1 of your 5 a day



Courgette



Red Onion



Garlic Clove



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes



Chicken Stock Powder



Linguine



Chilli Flakes



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Saucepan, Frying Pan, Bowl and Colander.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------------------------------|----------|------------|-----------|
| Courgette** | 1 | 2 | 2 |
| Red Onion** | 1 | 1 | 1 |
| Garlic Clove** | 1 clove | 1 clove | 2 cloves |
| Pork and Oregano Sausage Meat 13) 14)** | 225g | 340g | 450g |
| Finely Chopped Tomatoes | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Linguine 13) | 200g | 300g | 400g |
| Chilli Flakes | 1 pinch | 1 pinch | 1 pinch |
| Grated Hard Italian Style Cheese 7) 8)** | 1 pack | 1½ packs | 2 packs |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 612g | 100g |
| Energy (kJ/kcal) | 3592 /859 | 587 /140 |
| Fat (g) | 27 | 4 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 108 | 18 |
| Sugars (g) | 21 | 3 |
| Protein (g) | 42 | 7 |
| Salt (g) | 3.27 | 0.54 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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 You can recycle me!



Do the Prep

Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring a large saucepan of **water** to the boil with 0.5 tsp of **salt**.



Cook the Pasta

While the **sauce** is cooking, add the **linguine** to your pan of boiling **water**. Cook for 12 mins. **TIP:** Add a splash of the **pasta water** to the **sauce** if it starts to look too thick.



Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **courgette** and **onion**. Fry until starting to soften, 5-6 mins. Stir in the **garlic** and cook for 1 minute more, then remove the **veg** to a bowl and set aside. Add a little more **oil** to the now empty pan and pop back on medium-high heat. Add the **sausage meat** and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. **IMPORTANT:** The **sausage meat** is cooked when no longer pink.



Combine

When the **pasta** is cooked, drain it in a colander. Add the drained **pasta** to the pan with the **sauce** and toss or stir together.



Simmer the Sauce

When the **sausage meat** has browned, return the **vegetables** to the pan. Add the **chopped tomatoes** and **chicken stock powder** along with a pinch of **sugar** (if you have some). Season with **salt** and **pepper**. Stir together, bring to the boil then reduce the heat and simmer until thickened, 10-12 mins.



Finish and Serve

If you like a bit of heat, add a pinch of **chilli flakes** to the **pasta** before serving. Careful - the **chilli flakes** are hot! Sprinkle over the **hard Italian style cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.