



Pork Linguine with Spinach

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



Red Onion



Garlic Clove



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes



Chicken Stock Powder



Linguine



Baby Spinach



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:

Garlic Press, Saucepan, Frying Pan, Wooden Spoon, Bowl, Colander.

Ingredients

	2P	3P	4P
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
Baby Spinach**	100g	150g	200g
Chilli Flakes	1 pinch	1 pinch	1 pinch
Grated Hard Italian Style Cheese 7 8 **	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	3493 /835	635 /152
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	103	19
Sugars (g)	15	3
Protein (g)	41	7
Salt (g)	3.31	0.60

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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HelloFresh UK

Packed in the UK

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 You can recycle me!



Do the Prep

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 ½ tsp of **salt**.



Start the Sauce

Heat a drizzle of **olive oil** in a frying pan on medium-high heat. Once hot, add the **onion** and **sausage meat** and fry until browned, 5-6 mins. Break it up with a spoon as it cooks. Stir in the **garlic** and cook for 1 minute.



Simmer the Sauce

Add the **chopped tomatoes** and **chicken stock powder** to the pan 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. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



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!* Once the sauce is cooked, stir in the spinach a handful a time until wilted.



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.



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.