



# Smokey Banger Pasta Bake

with Pancetta and Chilli Beans

**CLASSIC** 45 Minutes • Little Heat • 2.5 of your 5 a day



Smoked BBQ  
Pork Sausages



Pancetta Lardons



Wheat Rigatoni Pasta



Echalion Shallot



Red Pepper



Garlic Clove



Red Kidney Beans



Smoked Paprika



Finely Chopped  
Tomatoes



Cheddar Cheese



Crème Fraîche

## Before you start

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

### Basic cooking tools, you will need:

Large Saucepan, Baking Tray, Large Frying Pan, Colander, Fine Grater (or Garlic Press), Sieve, Coarse Grater and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Smoked BBQ Pork Sausages <b>14</b> **	2	3	4
Pancetta Lardons**	60g	90g	120g
Wheat Rigatoni Pasta <b>13</b>	200g	300g	400g
Echalion Shallot**	1	2	2
Red Pepper**	1	1½	2
Garlic Clove**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small sachet	¾ large sachet	1 large sachet
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Cheddar Cheese <b>7</b> **	1 block	2 block	2 blocks
Crème Fraîche <b>7</b> **	150g	200g	300g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	742g	100g
Energy (kJ/kcal)	4690/1121	632/151
Fat (g)	57	8
Sat. Fat (g)	24	3
Carbohydrate (g)	104	14
Sugars (g)	17	2
Protein (g)	51	7
Salt (g)	3.39	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

**Wheat Rigatoni. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### Contact

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## 1. Cook the Bangers

Preheat the oven to 200°C. Put a large pan of **water** on to boil for the pasta. Pop the **sausages** onto a baking tray, drizzle with **oil**, then cook on the top shelf of the oven for 20 mins. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle!* Heat a splash of **oil** in a large frying pan on medium-high heat. Add the **pancetta lardons**. Stirring regularly, fry until lightly golden, 3-4 mins, then remove from the pan with a slotted spoon and set to one side. **IMPORTANT:** *The pancetta lardons are cooked when no longer pink in the middle!* Keep the pan, we'll use it again.



## 4. Chop the Bangers

Bring the **sauce** to the boil, then lower the heat to simmer until thickened slightly, 4-5 mins, stirring occasionally. In the meantime, coarsely grate the **cheddar cheese**. When your **sausages** are cooked, carefully slice into 2cm pieces.



## 2. Get Prepared

Pop the **wheat pasta** and a pinch of **salt** into the saucepan of boiling **water**. Cook for 11 mins, then drain in a colander. Return the **wheat pasta** to the saucepan off the heat and add a drizzle of **oil** to stop it from sticking together. Meanwhile, halve, peel and thinly slice the **shallot**. Halve the **red pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **kidney beans** in a sieve.



## 5. Bake it

Once the **sauce** has thickened, stir the **creme fraiche** and **sausage pieces** into the frying pan. Bring to the boil and bubble for 30 seconds. Taste and season with **salt** and **pepper**. Stir the **wheat rigatoni** into the **mixture**, then transfer it all into an ovenproof dish. Sprinkle over the **cheese** and **pancetta** and pop onto the top shelf of the oven. Cook for 10 mins, until the **cheese** is melted and bubbling.



## 3. Make the Sauce

Heat another splash of **oil** (if necessary) over medium-high heat in the now empty frying pan. Add the **shallot** and **red pepper** and cook until soft and beginning to colour, 5-6 mins, stirring frequently. Lower the heat to medium then stir in the **garlic**, **smoked paprika**, **kidney beans** and a pinch of **sugar** (if you have any). Cook for another minute, then stir in the **finely chopped tomatoes**.



## 6. Serve

Once cooked, serve into bowls.

**Tuck in!**