



# Smoky Banger Pasta Bake

with Bacon and Chilli Beans

**CLASSIC** 45 Minutes • Little Heat • 1.5 of your 5 a day



Smoked BBQ Pork Sausages



Bacon Lardons



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, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

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

### Ingredients

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

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	735g	100g
Energy (kJ/kcal)	4655 /1113	633 /151
Fat (g)	56	8
Sat. Fat (g)	23	3
Carbohydrate (g)	105	14
Sugars (g)	18	2
Protein (g)	51	7
Salt (g)	3.32	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



## 1. Bake the Sausages

Preheat the oven to 200°C. Pop the **sausages** onto a baking tray, drizzle with **oil**, then cook on the top shelf of the oven for 20-25 mins. **IMPORTANT:** *The sausages are cooked when they're no longer pink in the middle!* Boil a saucepan of **water** for the pasta. Heat a splash of **oil** in a large frying pan on medium-high heat and add the **bacon lardons**. Stir regularly and fry until lightly golden, 3-4 mins, then remove from the pan with a slotted spoon, and set to one side. **IMPORTANT:** *Cook the bacon lardons throughout.*



## 4. Reduce the Sauce

Stir, bring to the boil, then lower the heat to simmer until it has thickened slightly, 4-5 mins, stir occasionally. In the meantime, coarsely grate the **Cheddar cheese**. When your **sausages** are cooked, carefully slice them into 2cm pieces.



## 2. Get Prepped

Pop the **rigatoni** and ½ tsp of **salt** into the saucepan of **boiling water**. Cook for 12 mins, then drain using a colander. Return to the saucepan 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 colander.



## 5. Bake it

Once the **sauce** has thickened, pop in the **crème fraîche** and **sausage pieces** into the frying pan. Stir in, bring to the boil and bubble for 30 seconds. Taste and season with **salt** and **pepper**. Stir the **rigatoni** into the **mixture**, then tip it all into an ovenproof dish. Sprinkle over the **cheese** and **bacon lardons** 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 softened and beginning to colour, 5-6 mins, stirring frequently. Lower the heat to medium and stir in the **garlic**, **smoked paprika**, **kidney beans** and a pinch of **sugar** - if you have any. Cook for one minute more, stirring regularly, then add the **finely chopped tomatoes**.



## 6. Serve

Once cooked, serve into bowls.

**Tuck in!**

**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.