



# Speedy Sausage Rigatoni

with Spinach



## HELLO RIGATONI

The pasta's name means ridged because of the lines that run down it's side which helps the sauce cling to it.



Pork & Oregano Sausage Meat



Wheat Rigatoni



Balsamic Vinegar



Tomato Purée



Finely Chopped Tomatoes with Onion



Red Wine Stock Pot



Flat Leaf Parsley



Baby Spinach



Italian Style Grated Hard Cheese

MEAL BAG #15

20 mins

2 of your 5 a day

Rapid recipe

Long day? Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time or stuck in a recipe rut shouldn't stop you from cooking and enjoying great food. Using pre-seasoned sausage meat is a great way to get full on flavour in double quick time. Bish, bash, bosh - a few bits to chop and you've got a showstopper on the table. When you can get full on flavour in double quick time, you know you're onto a winner.

GET PREPARED!

Fill and boil your Kettle.

# BEFORE YOU START

- 🔥 Fill and boil your **Kettle**.
- 🧼 Wash the veggies.
- 🍳 Make sure you've got a **Large Frying Pan, Large Saucepan, Colander, and Measuring Jug**. Let's start cooking the **Speedy Sausage Rigatoni with Spinach**.



## 1 FRY THE SAUSAGE MEAT

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **sausage meat** and fry until browned, 3-4 mins.
- Break it up with a wooden spoon as it cooks (keep it quite chunky!).



## 2 COOK THE WHEAT PASTA

- Fill a large saucepan with the boiling water, add the **wheat rigatoni** and a pinch of **salt** and return to the boil. Cook for 12 mins.
- When cooked, drain the **wheat pasta** in a colander and drizzle over a little **oil** to stop it sticking together.



## 3 START THE SAUCE

- Pour the **balsamic vinegar** in with the **sausage meat** and allow to evaporate for 30 seconds.
- Stir in the **tomato purée** and cook for 2 mins.



## 4 SIMMER THE SAUCE

- Add the **finely chopped tomatoes, stock pot, water** (see ingredients for amount) and a pinch of **sugar** (if you have some) to the frying pan.
- Bring to the boil, stirring to dissolve the **stock pot**, then reduce the heat to medium and simmer until thick and tomatoey, 5-6 mins. **IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



## 5 FINISH UP

- Meanwhile, roughly chop the **parsley** (stalks and all).
- When the **sauce** is cooked, stir through the **spinach** a handful at a time until wilted, 2-3 mins.
- Season to taste with **salt** and **pepper** if needed.



## 6 COMBINE AND SERVE

- Toss the **wheat rigatoni** in the **sauce**, along with **half the cheese** and **half the parsley**, until well coated.
- Serve in bowls finished with a sprinkling of the remaining **cheese** and **parsley**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Pork & Oregano Sausage Meat <sup>14</sup> *	246g	370g	493g
Wheat Rigatoni <sup>13</sup>	200g	300g	400g
Balsamic Vinegar <sup>14</sup>	1 sachet	1½ sachets	2 sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot <sup>14</sup>	1	1½	2
Water*	50ml	75ml	100ml
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Italian Style Grated Hard Cheese <sup>7</sup> <sup>8</sup> *	1 pack	1½ packs	2 packs

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 542G	PER 100G
Energy (kJ/kcal)	3682/880	679/162
Fat (g)	30	6
Sat. Fat (g)	13	2
Carbohydrate (g)	107	20
Sugars (g)	21	4
Protein (g)	43	8
Salt (g)	6.23	1.15

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 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.

### 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



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