



Super Speedy Sausage Tagliatelle

with Basil Pesto and Tenderstem®



HELLO TAGLIATELLE

The word tagliatelle in fact, comes from the verb "tagliare", to cut.



Pork Sausage Meat



Wheat Tagliatelle



Tenderstem® Broccoli



Finely Chopped Tomatoes with Basil



Basil Pesto



Balsamic Vinegar



Baby Leaf Mix



Italian Style Grated Hard Cheese

Salad is not always the most exciting of foods. But after eating this recipe, we're pretty sure you'll disagree with that statement! Andres' combined our delish pesto, balsamic vinegar and oil to create a delicious dressing for our summery salad side dish. The sausage and broccoli pasta is also pretty delicious, and the whole thing only takes 15 minutes!

MEAL BAG

15 mins

2 of your 5 a day

Rapid recipe

GET PREPARED!

Fill and boil your kettle.

14

BEFORE YOU START

🔥 Fill and boil your **kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Frying Pan, Large Saucepan** and **Colander**. Let's start cooking the **Super Speedy Sausage Tagliatelle with Basil Pesto and Tenderstem®**.



1 BROWN THE MEAT

- Heat a splash of **oil** in a large frying pan over medium-high heat.
- When hot, add the **sausage meat** and brown all over, breaking up with a spoon as it cooks, 3-4 mins. **🚫 IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



2 COOK THE WHEAT PASTA

- Fill a large saucepan with the boiling **water** from your kettle and put on high heat.
- Add the **wheat tagliatelle** and a good pinch of **salt**. Stir and cook for 12 mins.
- After 8 mins add the **tenderstem®** to the boiling **water** and cook for the remaining 4 mins.



3 ADD THE TOMS!

- When the **sausage meat** is browned add the **chopped tomatoes** to the pan.
- Stir everything together. Simmer until the **sausage meat** is cooked through, 5-6 mins. **🚫 IMPORTANT:** The sausage meat is cooked when it is no longer pink in the middle.



4 MAKE THE DRESSING

- While everything bubbles away, in a large bowl, mix **half** of the **pesto** with the **balsamic vinegar** and the **olive oil** (see ingredients for amount).
- Place the **salad baby leaves** on top, we will toss them through the **dressing** just before serving.



5 DRAIN THE WHEAT PASTA

- The **wheat pasta** should be cooked by now, so drain in a colander.
- Return to the pan off the heat and stir through the remaining **pesto**.
- Taste and add **salt** and **pepper** if you feel it needs it.



6 FINISH AND SERVE

- Share the **wheat tagliatelle** and **tenderstem®** between your bowls.
- Top with your **speedy sausage sauce** and a sprinkling of **Italian style grated hard cheese**. Toss the **baby leaves** through the **dressing** and serve alongside.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pork Sausage Meat 14) *	246g	370g	493g
Wheat Tagliatelle 13)	200g	300g	400g
Tenderstem® Broccoli *	1 small pack	1 medium pack	1 large pack
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Basil Pesto 2) 7) 8)	1 pot	1½ pots	2 pots
Balsamic Vinegar 14)	½ sachet	1 sachet	1 sachet
Baby Leaf Mix *	1 bag	1 bag	2 bags
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 530G	PER 100G
Energy (kJ/kcal)	3887 / 929	734 / 175
Fat (g)	45	8
Sat. Fat (g)	14	3
Carbohydrate (g)	84	16
Sugars (g)	16	3
Protein (g)	46	9
Salt (g)	4.52	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 13) Gluten 14) Sulphites

Wheat Tagliatelle. 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?

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