



# SAUSAGE AND TOMATO PESTO PASTA

with Roasted Tenderstem®



## HELLO PESTO

*Pesto comes in a variety of recipes some traditional and some modern. The name comes from the Latin verb 'pestâ' meaning to pound.*



Tenderstem® Broccoli



Pork and Oregano Sausage Meat



Finely Chopped Tomatoes with Basil



Tomato Purée



Italian Style Hard Grated Cheese



Pesto



Wheat Penne Pasta

25 mins

1.5 of your 5 a day

Crispy roasted tenderstem® broccoli, a rich tomatoey ragu, fresh pesto and creamy cheese are the winning combination in this simple wheat pasta recipe. Using our delicious pork and oregano sausage meat as the base of the ragu makes this recipe quick and easy to cook, ready in just 25 mins. Serve up in bowls and top with the remaining cheese and a spoonful of pesto for a fresh finish.

MEAL BAG

3



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, **Baking Tray**, **Large Frying Pan**, **Measuring Jug** and **Colander**. Now, let's get cooking!



### 1 PREP TIME!

Preheat your oven to 200°C and bring a large saucepan of water with a pinch of salt to the boil for the wheat pasta. Cut the **broccoli** stalks in half widthways. Pop the **broccoli** on a baking tray and drizzle with **oil** and a pinch of **salt** and **pepper**. Toss together and spread out in a single layer. Leave to one side.



### 2 FRY THE SAUSAGE MEAT

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **sausage meat** and fry, whilst breaking it up with a wooden spoon into roughly 2cm chunks. Cook until browned, 6-7 mins. **! IMPORTANT:** *The sausage meat is cooked when it is no longer pink in the middle.*



### 3 MAKE THE RAGU

Pour the **finely chopped tomatoes**, **tomato purée** and **water** (see ingredients for amount) into the pan with the **sausage meat**. Stir together, reduce the heat to medium-low and simmer the **ragu** until thick and tomatoey, 12-15 mins. Stir occasionally.



### 4 COOK THE WHEAT PASTA

Once the **ragu** is simmering, pop the **broccoli** on the top shelf of your oven to roast until soft and charred at the edges, 10-12 mins. While the **broccoli** is roasting, add the **wheat pasta** to the pan of boiling water and cook for 10 mins.



### 5 COMBINE!

Once the **wheat pasta** is cooked, drain it in a colander and add it to the pan with the **ragu** along with **two-thirds** of both the **cheese** and the **pesto**. Stir together until combined. Taste and add **salt** and **pepper** if needed.



### 6 FINISH AND SERVE

Spoon the **tomatoey pesto wheat pasta** into bowls and top with the **tenderstem® broccoli**, all of the remaining **cheese** and a few spoonfuls of the remaining **pesto**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Tenderstem® Broccoli *	1 small pack	1 large pack	2 small packs
Pork and Oregano Sausage Meat 14) *	246g	370g	493g
Water*	75ml	100ml	150ml
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Tomato Purée	1 sachet	1½ sachets	2 sachets
Italian Style Grated Hard Cheese 7) 8) *	1 ball	1½ balls	2 balls
Pesto 2) 7) *	1 pot	1½ pots	2 pots
Wheat Penne Pasta 13)	200g	300g	400g

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G
Energy (kJ/kcal)	4058 / 970	737 / 176
Fat (g)	39	7
Sat. Fat (g)	14	3
Carbohydrate (g)	106	19
Sugars (g)	17	3
Protein (g)	44	8
Salt (g)	4.25	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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

**Wheat Penne Pasta. 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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