



Quick Herby Tomato Pork Sausage Bolognese

with Spaghetti & Parmesan Cheese

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Spaghetti



Garlic



Pork, Garlic & Herb Sausages



Soffritto Mix



Tomato & Herb Seasoning



Tomato Sugo



Baby Spinach Leaves



Parmesan Cheese



Pork, Garlic & Herb Sausages

Prep in: 20-30 mins
Ready in: 25-35 mins

Made for twisting and twirling, super 'al dente' spaghetti will soak up the herby pork sausage-laced sauce so well. All that is left is some major slurping action and a sprinkle of Parmesan, just like the Italians do!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 medium packet	1 large packet
garlic	1 clove	2 cloves
pork, garlic & herb sausages	1 small packet	2 small packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
tomato & herb seasoning	1 sachet	2 sachets
tomato sugo	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
pork, garlic & herb sausages**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3903kJ (933Cal)	805kJ (192Cal)
Protein (g)	37.9g	7.8g
Fat, total (g)	46.6g	9.6g
- saturated (g)	19.5g	4g
Carbohydrate (g)	87.1g	18g
- sugars (g)	15.1g	3.1g
Sodium (mg)	2169mg	448mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5345kJ (1277Cal)	842kJ (201Cal)
Protein (g)	57.1g	9g
Fat, total (g)	73.9g	11.6g
- saturated (g)	29.8g	4.7g
Carbohydrate (g)	93.3g	14.7g
- sugars (g)	15.7g	2.5g
Sodium (mg)	2657mg	419mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the spaghetti

- Boil the kettle. Half-fill a large saucepan with boiling water and a generous pinch of **salt** over high heat.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people).
- Drain **spaghetti**, then return to saucepan. Drizzle with **olive oil** to prevent pasta from sticking.
- Meanwhile, finely chop **garlic**.
- Squeeze the **pork, garlic & herb sausages** meat out of its casing.

Custom Recipe: If you've doubled your pork sausage, prepare sausage meat as above.



Make it saucy

- Add **tomato sugo**, the **brown sugar**, the **butter** and **reserved pasta water** to the pan. Stir to combine and simmer until slightly reduced, **1-2 minutes**.
- Remove from heat, then add cooked **spaghetti** and **baby spinach leaves**, tossing until wilted and combined. Season to taste.



Start the pasta sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **sausage** meat, breaking up with a wooden spoon, until slightly browned, **2-3 minutes**.
- Add **soffritto mix** and cook, stirring, until softened, **4-5 minutes**.
- Reduce heat to medium, then add **garlic** and **tomato & herb seasoning**, and cook until fragrant, **1-2 minutes**.

Custom Recipe: Cook sausage meat in batches for the best results. Return all sausage meat to the pan and continue as above.



Serve up

- Divide herby tomato pork sausage bolognese and spaghetti between bowls.
- Top with **Parmesan cheese** to serve. Enjoy!

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