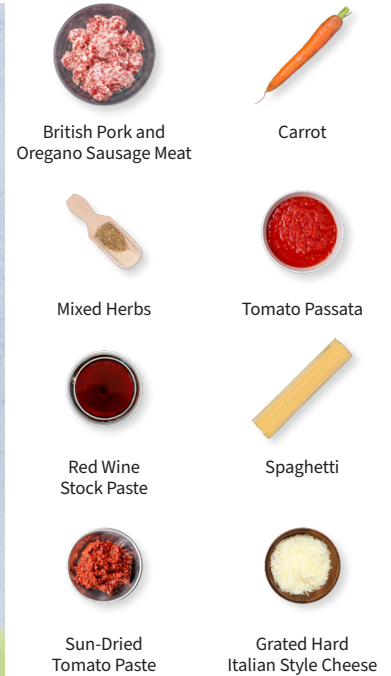




Rich Sausage Ragu al Forno with Spaghetti and Italian Style Cheese

Classic 35-40 Minutes • 1 of your 5 a day

9



Literally translating as 'to the oven', a dish that's been cooked 'al forno' is baked in the oven. Here, we're baking the sausage meat ragu to simmer the flavours slowly and reduce down the liquid while keeping all the richness in the dish. Toss with spaghetti for a hearty dinner that's sure to be a crowd pleaser.

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Ovenproof pan, lid, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
British Pork and Oregano Sausage Meat** 13 14	225g	340g	450g
Carrot**	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	42g	56g
Spaghetti 13	180g	270g	360g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	533g 4098/980	100g 768/184
Fat (g)	45.0	8.4
Sat. Fat (g)	20.4	3.8
Carbohydrate (g)	101.9	19.1
Sugars (g)	15.4	2.9
Protein (g)	41.5	7.8
Salt (g)	5.43	1.02

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



1 Fry the Sausage Meat

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **sausage meat** and fry until the **sausage** has browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw sausage meat.*



2 Prep the Carrot

Meanwhile, trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.

Once the **sausage meat** has browned, drain and discard any excess fat. **IMPORTANT:** *The sausage meat is cooked when no longer pink in the middle.*



3 Bring on the Ragù

Stir the **mixed herbs**, **passata**, **red wine stock paste**, **chopped carrot** and **sugar** and **water for the sauce** (see pantry for both amounts) into the **sausage meat**. Season with **salt** and **pepper**.

Bring the **sauce** up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **meat** is tender and the **sauce** has thickened, 20-25 mins.



4 Pasta la Vista

When the **ragù** has 15 mins left, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **spaghetti**.

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.

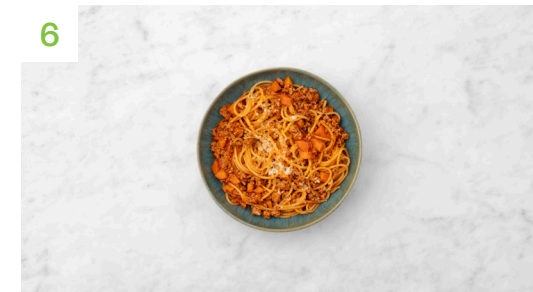
Once cooked, drain in a colander and pop back in the pan. Drizzle with oil and stir through to stop it sticking together.



5 Stir Together

Remove the **ragù** from the oven, then stir in the **sun-dried tomato paste**, **cooked pasta**, **butter** (see pantry for amount) and **half the hard Italian style cheese**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** to loosen the sauce if you feel it needs it.



6 Serve Up

Share your **ragù al forno pasta** between your serving bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

Enjoy!