



# CREAMY ITALIAN PORK SAUSAGE & BROCCOLI FARFALLE

with Parmesan



Use sausage meat to make mini meatballs



Brown Onion



Broccoli



Garlic



Farfalle



Classic Pork Sausages



Tomato Paste



Fennel Seeds



Chilli Flakes (Optional)



Light Cooking Cream



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **30-40** mins  
Ready in: **30-40** mins

Spicy (optional chilli flakes)

Here's a neat trick: squeeze the pork sausage meat out of the casings in small pieces to make mini meatballs! Add some broccoli and baby spinach for green goodness, toss with farfalle and you've got a pasta dish that's a sure-fire winner.

**Pantry Staples:** Olive Oil

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



## 1 GET PREPARED

Bring a medium saucepan of salted water to the boil. Finely chop the **brown onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press).



## 2 COOK THE PASTA & BROCCOLI

Add the **farfalle** to the saucepan of boiling water and cook until almost tender, **7 minutes**. Add the **broccoli** and cook until the **broccoli** is just tender and the **pasta** is 'al dente', **3-4 minutes**. Drain, reserving **1/2 cup pasta water**. Return the **farfalle** and **broccoli** to the saucepan. **TIP:** 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle.



## 3 COOK THE SAUSAGE MEATBALLS

While the pasta is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. When the oil is hot, squeeze the meat out of the **classic pork sausages** casings in small chunks, directly into the pan. You should get around 10 small meatballs per person. Cook, tossing, until browned all over, **3-4 minutes**. **TIP:** This is a cheat's way of making meatballs!



## 4 ADD THE AROMATICS

Add the **onion** to the frying pan and cook, stirring, until soft, **2-3 minutes**. Add the **garlic**, **tomato paste**, **fennel seeds** (**1/2 sachet for 2 people / 1 sachet for 4 people**), if using, and a **pinch** of **chilli flakes** (if using) and cook, stirring, until fragrant, **1-2 minutes**.



## 5 BRING EVERYTHING TOGETHER

Reduce the heat to low and add the **light cooking cream** and the **salt**. Stir until well combined. Add the **baby spinach leaves** and cooked **farfalle** and **broccoli** and stir until the pasta is well coated and the baby spinach has wilted. Loosen the sauce with a **splash of reserved pasta water** if needed. Season to taste with **salt** and **pepper**.



## 6 SERVE UP

Divide the pork sausage farfalle between bowls and sprinkle with the **grated Parmesan cheese**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
broccoli	1 head	2 heads
garlic	3 cloves	6 cloves
farfalle	1 packet	2 packets
classic pork sausages	1 packet	1 packet
tomato paste	1 sachet	2 sachets
fennel seeds (optional)	1/2 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	1/2 tsp	1 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4560kJ (1090Cal)	709kJ (169Cal)
Protein (g)	49.9g	7.8g
Fat, total (g)	55.8g	8.7g
- saturated (g)	26.8g	4.2g
Carbohydrate (g)	90.3g	14.0g
- sugars (g)	14.2g	2.2g
Sodium (g)	2050mg	318mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2019 | WK50

