



Italian Pork Sausage & Veggie Bolognese

with Spaghetti & Parmesan

Grab your Meal Kit
with this symbol



Red Onion



Garlic



Zucchini



Classic Pork
Sausages



Italian Herbs



Spaghetti



Tomato Paste



Passata



Beef Stock



Baby Spinach
Leaves



Shaved Parmesan
Cheese



Basil



Hands-on: **15-25** mins
Ready in: **20-30** mins

Put on your magician's hat and try this simple trick to get the kids eating more veggies... Make a tasty pork sausage bolognese and add grated zucchini and baby spinach leaves, letting them cook down until they're barely noticeable. Another trick? Use the back of a spoon to help squeeze the pork out of the sausage casings.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
zucchini	1	2
classic pork sausages	1 packet	1 packet
Italian herbs	½ sachet	1 sachet
spaghetti	1 packet	2 packets
tomato paste	1 sachet	2 sachets
passata	2 boxes	4 boxes
brown sugar*	1 tsp	2 tsp
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
basil	1 punnet	1 punnet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4549kJ (1087Cal)	589kJ (140Cal)
Protein (g)	43.7g	5.7g
Fat, total (g)	54.1g	7g
- saturated (g)	22.3g	2.9g
Carbohydrate (g)	98.4g	12.7g
- sugars (g)	23.6g	3.1g
Sodium (mg)	2163mg	280mg

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.



1. Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Grate the **zucchini**. Slice down the **classic pork sausages** to remove and discard the casing.

TIP: Use the back of a spoon to help squeeze the pork out of the sausage casings.



2. Start the pasta sauce

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **sausage meat** and cook, breaking up with a spoon, until browned, **5-6 minutes**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **Italian herbs** (see ingredients list) and cook until fragrant, **1-2 minutes**. Add the grated **zucchini** and cook, stirring, until softened, **3-5 minutes**.



3. Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve **1/2 cup** of **pasta water**, then drain the pasta and return to the saucepan.

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



4. Make it saucy

While the spaghetti is cooking, add the **tomato paste** to the frying pan and stir to coat. Stir through the **passata** and **brown sugar**. Crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**) and stir to combine. Reduce heat to medium and simmer until slightly thickened, **5 minutes**. Season with a **pinch** of **pepper**. Add the **baby spinach leaves** and cook, stirring, until wilted, **1 minute**. Add the **butter** and stir until melted.



5. Bring it all together

When the bolognese is done, add the cooked **spaghetti** to the sauce in the pan and toss until well coated. Add a **splash** of reserved **pasta water** if the sauce looks too thick. Season to taste with **salt** and **pepper**.

TIP: Seasoning is key in this dish! Taste and add more salt or pepper if you like.

TIP: You can serve the bolognese on top of the spaghetti if you prefer!



6. Serve up

Divide the sausage and veggie bolognese between bowls, sprinkle with the **shaved Parmesan cheese** and tear over the **basil** leaves.

Enjoy!