



ONE-POT SAUSAGE & RED PESTO PASTA

with Parmesan Cheese



Cook pasta in its sauce



Brown Onion



Zucchini



Carrot



Garlic



Parsley



Classic Pork Sausages



Tomato Paste



Passata



Penne



Beef Stock



Light Thickened Cream



Red Pesto



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **35 mins**
Ready in: **45 mins**

Don't panic, you read that right! The pasta cooks right in the sauce in this nifty dish, and you'll love the result! Not only is there less washing up, but the finished dish is a creamy, rich and comforting bowl of concentrated flavour – this is a technique to use again and again.

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

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

- **large pot** or **saucepan**



1 GET PREPPED

Finely chop the **brown onion**, **zucchini** and **carrot** (unpeeled). **TIP:** Grate the zucchini and carrot if you prefer. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**.



2 COOK THE SAUSAGE MEATBALLS

In a large pot or saucepan, heat a **drizzle** of **olive oil** over a 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!



3 COOK THE VEGGIES

Add the **onion**, **zucchini** and **carrot** to the pan with the **sausage meatballs** and cook, stirring, until tender, **3-4 minutes**. Add the **garlic** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**. Add the **passata**, **water**, **brown sugar**, **penne** and crumble in the **beef stock** cubes. Stir to combine.



4 COOK THE PASTA IN ITS SAUCE

Bring to the boil, then cook, uncovered and stirring occasionally, until the penne is 'al dente' and most of the sauce has been absorbed, **18-22 minutes**. **TIP:** 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle.



5 ADD THE CREAM & PESTO

Remove the pan from the heat and stir through the **light thickened cream**, **red pesto** and the **salt**. Add the **baby spinach leaves** and stir through until wilted. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the one-pot sausage and red pesto pasta between bowls and sprinkle with the **grated Parmesan cheese** and parsley.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
zucchini	1
carrot	1
garlic	4 cloves
parsley	1 bag
classic pork sausages	1 packet
tomato paste	2 sachets
passata	2 boxes (400g)
water*	4 cups
brown sugar*	2 tsp
penne	2 packets
beef stock	2 cubes
light thickened cream	1 packet (150ml)
red pesto	1 tub (100g)
salt*	¼ tsp
baby spinach leaves	1 bag (60g)
grated Parmesan cheese	1 packet (30g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4690kJ (1120Cal)	740kJ (177Cal)
Protein (g)	41.8g	6.6g
Fat, total (g)	61.0g	9.6g
- saturated (g)	21.6g	3.4g
Carbohydrate (g)	95.1g	15.0g
- sugars (g)	19.5g	3.1g
Sodium (g)	2090mg	329mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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