

ONE-POT SAUSAGE & RED PESTO PASTA

with Parmesan Cheese





Cook pasta in its sauce















Sausages



Tomato Paste







Beef Stock



Light Thickened

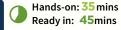




Baby Spinach Leaves



Grated Parmesan



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.

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

large pot or saucepan



1 GET PREPPEDFinely 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.



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!



T 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.



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.



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**.



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

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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