



Sausage & Veggie Bolognese

with Cheesy Garlic Bread

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Parsley



Bake-At-Home Ciabatta



Classic Pork Sausages



Garlic & Herb Seasoning



Passata



Tomato Paste



Beef Stock Pot



Spaghetti



Grated Parmesan Cheese



Baby Spinach Leaves

Hands-on: 30-40 mins
Ready in: 35-45 mins

Put on your magician's hat and try this simple trick to 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, Soy Sauce, 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 ·
Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
bake-at-home ciabatta	1	2
classic pork sausages	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (400g)
tomato paste	1 sachet	2 sachets
beef stock pot	1 packet (20g)	1 packet (40g)
soy sauce*	1 tsp	2 tsp
water*	½ cup	1 cup
butter*	30g	60g
spaghetti	1 packet	2 packets
grated Parmesan cheese	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	5263kJ (1257Cal)	710kJ (169Cal)
Protein (g)	46.9g	6.3g
Fat, total (g)	59.7g	8.1g
- saturated (g)	25.2g	3.4g
Carbohydrate (g)	125.1g	16.9g
- sugars (g)	23.1g	3.1g
Sodium (mg)	3155mg	426mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Grate the **carrot** (unpeeled) and **zucchini**. Finely chop the **garlic** and **parsley** leaves. Slice the **bake-at-home ciabatta** in half lengthways, then slice each one diagonally. Slice down the **classic pork sausages** to remove and discard the casing. Cut into 2cm chunks.



Cook the pasta

While the sauce is cooking, add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Drain and return to the saucepan with a drizzle of **olive oil**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the sausages

Heat a large frying pan with a drizzle of **olive oil** over a high heat. Cook the **sausage pieces**, turning, until browned all over, **3-4 minutes**. Reduce the heat to medium-high and add the **carrot** and **zucchini** and cook, tossing, **3-4 minutes**.



Make the garlic bread

While the pasta is cooking, combine the **grated Parmesan cheese**, **garlic**, **parsley** and a pinch of **pepper** in a small bowl. Place the **ciabatta** cut-side up on an oven tray lined with baking paper. Generously drizzle with **olive oil** and sprinkle with the **cheese mixture**. Bake until golden, **5 minutes**.



Make the bolognese

Add the **garlic & herb seasoning**, **passata**, **tomato paste**, **beef stock pot**, **soy sauce**, **water** and **butter**. Bring to the boil, then reduce to medium-high heat and simmer, stirring occasionally, until the sauce has reduced and thickened, **6-8 mins**.

TIP: Soy sauce adds an umami flavour!



Serve up

Stir the **baby spinach leaves** through the pasta until the spinach has wilted, **1 minute**. Divide the spaghetti between bowls and top with the sausage and veggie bolognese. Serve with the cheesy garlic bread.

Enjoy!