



Pork Sausage Linguine

with parsley and pomodoro sauce

Classic Quick Cook 20-25 mins • Eat me first

3



Pork Sausages



Dried Linguine



Passata



Grated Italian Style Hard Cheese



Basil



Onion



Garlic



Parsley



Worcester Sauce

Pantry Items: Water, Salt, Oil, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Colander

Ingredients

	2P	4P
Pork Sausages	225 g	450 g
Dried Linguine	180 g	360 g
Passata	1 pack	2 packs
Grated Italian Style Hard Cheese	25 g	50 g
Basil	10 g	20 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Parsley	5 g	10 g
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	391.5 g	100 g
Energy (kJ/kcal)	2763.5 kJ/ 660.5 kcal	705.9 kJ/ 168.7 kcal
Fat (g)	30.2 g	7.7 g
Sat. Fat (g)	12.2 g	3.1 g
Carbohydrate (g)	84.2 g	21.5 g
Sugars (g)	13.1 g	3.3 g
Protein (g)	32.3 g	8.2 g
Salt (g)	3.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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You can recycle me!



Cook the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the 180g **linguine** (double for 4p) to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot. Drizzle with **oil** and stir through to stop it sticking together.

TIP: If you're in a hurry you can boil the water in your kettle.



Start the Sauce

- Return the (now empty) pan to the heat with another drizzle of **oil**, if necessary.
- Once hot, add the **onion** and season with **salt** and **pepper**. Cook until softened, 4-6 mins, stirring occasionally.
- Add the **garlic** and fry until fragrant, 1 min.
- Stir in 75ml **water** (double for 4p), **passata**, chopped **parsley**, and **Worcester sauce**.
- Simmer until thickened, 4-5 mins.



Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Roughly tear the **basil** leaves.
- Chop the **pork sausages** into 2cm chunks.
IMPORTANT: Wash your hands and equipment after handling raw meat.



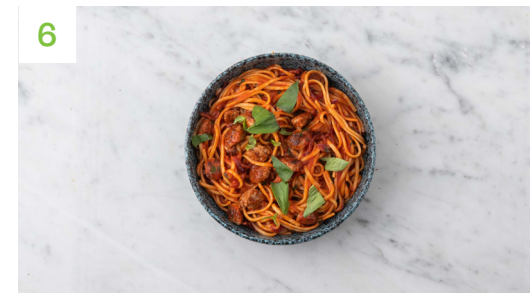
Finish the Sauce

- Once thickened, add the **sausage** pieces to the sauce.
- Season to taste with **salt**, **pepper** and **sugar**.
- Carefully toss the **linguine** in the sauce.



Fry the Sausages

- Place a large pan over a medium-high heat with a drizzle of **oil**.
- When the **oil** is hot add the **sausages** and cook for 3-4 mins, shifting occasionally.
- Remove from the pan when cooked through.
IMPORTANT: The sausages are cooked when no longer pink in the middle.



Serve It Up

- Divide the **sausage** and **tomato** pasta between bowls.
- Garnish with torn **basil** leaves and grated **cheese**.

Enjoy!