

Quick Spicy Sausage Pasta

This delicious dinner is ready in just 20 minutes!

hellóchef

Cals 1328 • Prot 68 • Carbs 118 • Fat 63

hellochef.com • 04-825-44-00 • hello@hellochef.com



🕒 cook: 20 min

R3525

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Sausage sauce	2 ppl	3 ppl	4 ppl	
Italian sausage 10*	400	600	800	Grams
Red onion	1	1	2	Piece
Fresh rosemary	10	10	10	Grams
Olive oil	1	1	2	Tbsp
Chilli flakes	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Tomato paste	30	50	70	Grams
Chopped tomatoes	400	400	800	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Honey	15	15	30	Grams
Cooking cream 4*	100	200	200	ML
Grated Parmesan 4*	30	45	60	Grams
Black pepper	0.5	0.5	1	Tsp
To serve				
Penne 5*, 10*, 11*	250	375	500	Grams
Rocket	20	20	40	Grams

Allergens

*10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5548 / 1328
Fat (g)	63
of which saturates (g)	9.5
Carbohydrate (g)	118
of which sugars (g)	18.1
Fiber (g)	13.6
Protein (g)	67.7
Salt (g)	8.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Bring a large pot of salted water to the boil. Meanwhile, peel and finely chop the **red onion**. Slice the **sausages** lengthwise and peel away the casing. Discard the casing. Chop the **sausage meat** into bite-sized pieces. Pick and finely chop the **rosemary** leaves.

Tip! To speed things up, boil the water for the pasta in a kettle before adding it to the pot.



2 Boil pasta

Once the water is boiling, add the **penne pasta** to the pot and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



3 Fry

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion, sausage meat**, chopped **rosemary** and **chilli flakes (spicy!)** with a pinch of **salt** and fry for 5 min.

Tip! If cooking for kids, fry a plain portion of the sausage and set aside.



4 Simmer

Add the **tomato paste, chopped tomatoes, [0.5/1] chicken stock cube**, and **honey** to the pan. Cook for 3 min further. Remove from the heat and add the **cream, grated Parmesan** (reserve some for garnish) and cooked **pasta**. Season with **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of cooked pasta and grated Parmesan to use as 'sprinkles'.



5 Serve

Divide the **sausage pasta** among bowls. Garnish with the **rocket** and remaining **grated Parmesan**.

Tip! If cooking for kids, serve the cooked sausage, cooked pasta and rocket separately. Serve the grated Parmesan as 'sprinkles' to the side.