



# CREAMY ITALIAN PORK SAUSAGE & BROCCOLI FARFALLE

with Fennel & Parmesan



Use sausage meat  
for meatballs packed  
with flavour



Brown Onion



Broccoli



Garlic



Farfalle



Classic Pork Sausages



Fennel Seeds



Chilli Flakes (Optional)



Tomato Paste



Pure Cream



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **30-40** mins  
Ready in: **30-40** mins  
Spicy (optional chilli flakes)

Here's a neat trick: squeeze the pork sausage meat out of the casings in small pieces to make mini meatballs! Add some broccoli and baby spinach for green goodness, toss with farfalle and you've got a pasta dish that's a sure-fire winner.

**Pantry Staples:** Olive Oil

# BEFORE YOU START

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

- **medium saucepan** • **large frying pan**



## 1 GET PREPARED

Bring a medium saucepan of salted water to the boil. Finely chop the **brown onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press).



## 2 COOK THE PASTA & BROCCOLI

Add the **farfalle** to the saucepan of boiling water and cook until almost tender, **7 minutes**. Add the **broccoli** to the pan and cook until the **broccoli** is just tender and the **pasta** is 'al dente', **3-4 minutes**. Drain, reserving **1/2 cup pasta water**. Return the **farfalle** and **broccoli** to the saucepan and **drizzle** with a little **olive oil** to prevent sticking.



## 3 COOK THE SAUSAGE MEATBALLS

While the pasta is boiling, in a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Once the oil is hot, **squeeze** the **sausage meat** out of its casing 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 without having to roll the meat!



## 4 ADD THE AROMATICS

Add the **onion** and cook, stirring, until soft, **2-3 minutes**. Add the **garlic**, **fennel seeds** (see ingredient list), a **pinch of chilli flakes** (if using) and the **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.



## 5 BRING EVERYTHING TOGETHER

Reduce the heat to medium-low and add the **pure cream** (see ingredients list) and the **salt**. Simmer until well combined and slightly thickened, **5-6 minutes**. Add the **baby spinach leaves**, cooked **farfalle** and **broccoli** and stir until the **pasta** is well coated and the **baby spinach leaves** have wilted. Loosen the sauce with a **splash of pasta water**, if needed. Season to taste with **salt** and **pepper**.



## 6 SERVE UP

Divide the creamy pork sausage farfalle between bowls and garnish with the **grated Parmesan cheese**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
broccoli	1 head	2 heads
garlic	3 cloves	6 cloves
farfalle	1 packet	2 packets
classic pork sausages	1 packet	1 packet
fennel seeds	½ sachet	1 sachet
chilli flakes (optional)	pinch	pinch
tomato paste	1 tin	2 tins
pure cream	½ packet (150ml)	1 packet (300ml)
salt*	½ tsp	1 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	5090kJ (1220Cal)	792kJ (189Cal)
Protein (g)	49.1g	7.6g
Fat, total (g)	70.8g	11.0g
- saturated (g)	34.2g	5.3g
Carbohydrate (g)	89.4g	13.9g
- sugars (g)	13.2g	2.1g
Sodium (g)	2030mg	316mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2020 | WK02

