



Plant-Based Sausage Trottolo Pasta

with Cherry Tomatoes & Garlic Pangrattato

Grab your Meal Kit with this symbol



Mushrooms



Garlic



Cavolo Nero Kale



Plant-Based Herby Sausages



Trottolo



Panko Breadcrumbs



Tinned Cherry Tomatoes



Garlic & Herb Seasoning



Vegetable Stock Powder



Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Plant Based

These herby plant-based sausages are bound to hit the spot. Tossed through a superstar trottolo pasta with garlic pangratto fresh cherry tomatoes and mushrooms, tonight's dinner is a veggie knock-out!

Pantry items

Olive Oil, Brown Sugar, Plant-Based 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

Ingredients

	2 People	4 People
<i>olive oil*</i>	refer to method	refer to method
mushrooms	1 packet	1 packet
garlic	3 cloves	6 cloves
cavolo nero kale	1 packet	1 packet
plant-based herby sausages	½ packet	1 packet
trottole	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
tinned cherry tomatoes	1 tin	2 tins
garlic & herb seasoning	1 sachet	1 sachet
vegetable stock powder	1 large sachet	2 large sachets
<i>brown sugar*</i>	1 tsp	2 tsp
<i>plant-based butter*</i>	20g	40g
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3027kJ (723Cal)	524kJ (125Cal)
Protein (g)	33.5g	5.8g
Fat, total (g)	16.1g	2.8g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	101.8g	17.6g
- sugars (g)	17.6g	3g
Sodium (mg)	1945mg	337mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice **mushrooms**. Finely chop **garlic**. Roughly chop **cavolo nero kale**, discarding any larger pieces of stalk. Cut **plant-based herby sausages** (see ingredient) into thin rounds.



Cook the pasta

Cook **trottole** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return to pan.



Make the pangrattato

Meanwhile, heat a drizzle of **olive oil** over medium-high heat in a large frying pan. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl, season with **salt** and **pepper** and set aside.



Cook the sausages

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **sausage** and **mushrooms**, until golden and tender, **5-8 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**.



Add the sauce

Reduce heat to medium and add **tinned cherry tomatoes**, **cavolo nero kale**, **garlic & herb seasoning**, **vegetable stock powder**, the **brown sugar** and reserved **pasta water**. Cook until slightly reduced, **3-4 minutes**. Remove from heat, then add the **plant-based butter** and **trottole**. Stir to combine.



Serve up

Divide plant-based sausage trottole pasta between bowls. Sprinkle over garlic pangrattato and tear over **herbs**.

Enjoy!