

DINNERLY



Italian Sausage Ragu with Soft Polenta



20-30 minutes



4 Servings

Get dinner on the table faster. This chunky ragu use pork sausage meat instead of making meatballs, and replaces pasta with quick-cook polenta. And the taste? Amazing.

WHAT WE SEND

- 170g polenta
- 2 x 390g pack diced tomatoes
- 2 carrots, 2 celery stalks
- 8 free-range Italian pork sausages ¹⁷
- 4 chicken-style stock cubes

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- sea salt and pepper

TOOLS

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 705kcal, Fat 46.1g, Carbs 44.1g, Proteins 24.8g



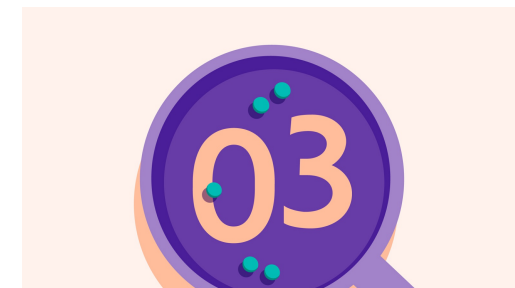
1. Prep ingredients

Peel and chop the **carrots** into 1cm chunks. Thinly slice the **celery** and **3 garlic cloves**. Slice open the **sausages** and remove the meat discarding the casings. Crumble the **stock cubes** into a heatproof jug, add **1.625ml (6½ cups) boiling water** and stir to combine.



2. Start ragu

Heat **2 tbs olive oil** in a large frypan over medium-high heat and cook the **carrot, celery** and **garlic** for 2-3 mins until slightly softened. Add the **sausage meat**, breaking it up into smaller clumps and cook for 4-5 mins until golden brown.



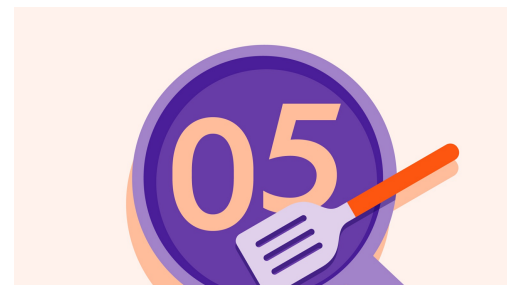
3. Add tomatoes

Add the **diced tomatoes** and **250ml (1 cup) of the stock** and bring to the boil. Reduce the heat to low and simmer for 15 mins or until thickened. Season to taste with **salt and pepper**.



4. Cook polenta

Pour the **remaining stock** into a large saucepan and bring to the boil. Gradually add the **polenta** in a steady stream, whisking well to avoid any lumps. Cook for 3 mins or until slightly thickened. Season well to taste. The **polenta** will thicken as it sits.



5. Serve up

Divide the **polenta** and **ragu** among plates.



6. Kitchen hack

Finely grate some fresh parmesan cheese over the top, or try chopping some fresh parsley to garnish.