



Hearty Pork & Basil Pesto Penne

with Apple Salad & Parmesan

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Leek



Apple



Pork Mince



Garlic & Herb Seasoning



Cream



Basil Pesto



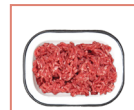
Mixed Salad Leaves



Grated Parmesan Cheese



Chilli Flakes (Optional)



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

In this dish, we've teamed rich basil pesto with a silky cream-based sauce, then followed it up with tender pork mince for a quick meal that looks and smells every bit as good as it tastes.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
leek	1	2
apple	1	2
pork mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning cream	1 sachet	1 sachet
basil pesto	½ packet (125ml)	1 packet (250ml)
honey*	1 packet (50g)	1 packet (100g)
white wine vinegar*	½ tsp	1 tsp
mixed salad leaves	drizzle	drizzle
grated Parmesan cheese	1 small bag	1 medium bag
chilli flakes (optional)	1 medium packet	1 large packet
beef mince**	pinch	pinch
	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4282kJ (1023Cal)	953kJ (228Cal)
Protein (g)	45.1g	10g
Fat, total (g)	56.5g	12.6g
- saturated (g)	24.6g	5.5g
Carbohydrate (g)	80.2g	17.9g
- sugars (g)	14.8g	3.3g
Sodium (mg)	770mg	171mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4573kJ (1093Cal)	1018kJ (243Cal)
Protein (g)	49.3g	11g
Fat, total (g)	61g	13.6g
- saturated (g)	27.5g	6.1g
Carbohydrate (g)	80.2g	17.9g
- sugars (g)	14.8g	3.3g
Sodium (mg)	735mg	164mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW38

1



Cook the penne

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **penne** in boiling water, over high heat, until 'al dente', **11 minutes**.
- Reserve **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **penne**. Return **penne** to the saucepan.
- Meanwhile, thinly slice **leek** and **apple**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

3



Toss the salad

- In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season, then add **mixed salad leaves** and **apple**. Toss to combine.

Little cooks: Take the lead by combining the ingredients for the dressing!

2



Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **leek** and **pork mince**, breaking up with a spoon, until just browned, **5-6 minutes**. Season with **salt** and **pepper**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**. Reduce heat to medium, then stir through **cream** (see ingredients) and reserved **pasta water**. Cook until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then stir through **basil pesto** and cooked **penne**. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as the pork mince.

4



Serve up

- Divide hearty pork and basil pesto penne between bowls.
- Garnish with **grated Parmesan cheese** and a pinch of **chilli flakes** (if using).
- Serve with apple salad. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate