



# Quick Beef & Pork Capsicum Relish Pasta

with Parmesan & Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Leek



Beef & Pork Mince



Aussie Spice Blend



Cream



Chicken-Style Stock Powder



Chargrilled Capsicum Relish



Baby Kale



Grated Parmesan Cheese



Beef Mince

### Recipe Update

Unfortunately, this week's celery and fusilli were in short supply, so we've replaced them with leek and penne. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 15-25 mins

Both a beef and pork mince are cooked into a romesco creamy sauce dotted with pan-fried veggies for a rich and decadent pasta sauce. Sprinkle with some Parmesan cheese at serving to add bite and a hint of nostalgia, because what pasta would be complete without a little cheese.

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

### Pantry items

Olive Oil

## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
penne	1 packet	2 packets
leek	1	2
beef & pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 medium sachet	1 large sachet
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
baby kale	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3855kJ (921Cal)	994kJ (238Cal)
Protein (g)	45.1g	11.6g
Fat, total (g)	48.4g	12.5g
- saturated (g)	25.3g	6.5g
Carbohydrate (g)	73.5g	18.9g
- sugars (g)	9.2g	2.4g
Sodium (mg)	1469mg	379mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3888kJ (929Cal)	1002kJ (239Cal)
Protein (g)	46.9g	12.1g
Fat, total (g)	47.1g	12.1g
- saturated (g)	25.6g	6.6g
Carbohydrate (g)	73.5g	18.9g
- sugars (g)	9.2g	2.4g
Sodium (mg)	1449mg	373mg

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](https://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 | CW39



1



## Cook the penne

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **penne** in the boiling water uncovered, over high heat, until 'al dente', **12 minutes**.
- Reserve some of the **pasta water** (½ cup for 2 people / 1 cup for 4 people), drain and return **penne** to the saucepan.

3



## Finish the sauce

- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **cream (see ingredients)**, **chicken-style stock powder** and some reserved **pasta water** (¼ cup for 2 people / ½ cup for 4 people), and cook, stirring, until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then add **chargrilled capsicum relish**, cooked **penne** and **baby kale**. Stir to combine.

2



## Start the sauce

- Meanwhile, thinly slice white and light green parts of **leek**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **leek** and **beef & pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.

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

4



## Serve up

- Divide beef and pork capsicum relish pasta between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

**Little cooks:** 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](https://hellofresh.co.nz/rate)