



Easy Beef, Pork & Cherry Tomato Bolognese

with Penne, Parmesan & Pear Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Leek



Garlic



Cherry Tomatoes



Beef & Pork Mince



Tomato Paste



Aussie Spice Blend



Beef-Style Stock Powder



Pear



Mixed Salad Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins

Packed with the rich flavours of a classic Italian tomato sauce, you'll find it hard to believe this beef bolognese didn't involve hours of cooking. Plus, with veggies hidden in the sauce, it creates a beautifully textured and mouth-watering meal everyone will love.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
olive oil*	refer to method	refer to method
penne	1 packet	2 packets
leek	1	2
garlic	3 cloves	6 cloves
cherry tomatoes	1 medium packet	1 large packet
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
pear	½	1
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (826Cal)	790kJ (189Cal)
Protein (g)	45.4g	10.4g
Fat, total (g)	33.7g	7.7g
- saturated (g)	16g	3.7g
Carbohydrate (g)	80.3g	18.4g
- sugars (g)	15.5g	3.5g
Sodium (mg)	1286mg	294mg
Dietary Fibre (g)	8.8g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3659kJ (875Cal)	813kJ (194Cal)
Protein (g)	49.7g	11g
Fat, total (g)	37.1g	8.2g
- saturated (g)	18.3g	4.1g
Carbohydrate (g)	80.5g	17.9g
- sugars (g)	15.6g	3.5g
Sodium (mg)	1378mg	306mg
Dietary fibre	8.8g	2g

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.



Cook the penne

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

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!



Finish the bolognese

- Add **beef-style stock powder** and the reserved **pasta water**. Cook, stirring, until slightly reduced, **2-3 minutes**.
- Remove from heat, then add the **butter** and **brown sugar** and stir to combine. Season with **salt** and **pepper**, then add cooked **penne** and gently toss to combine. Set aside.
- Meanwhile, thinly slice **pear** (see ingredients).
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **mixed salad leaves** and **pear**, then toss to coat.

TIP: Add a dash more water if the sauce looks dry.

Little cooks: Take the lead by tossing the salad!



Start the bolognese

- Meanwhile, thinly slice **leek**. Finely chop **garlic**. Halve **cherry tomatoes**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef & pork mince**, breaking up with a spoon, until just browned, **3-5 minutes**.
- Add **leek** and **cherry tomatoes**, stirring, until softened, **3-5 minutes**.
- Add **garlic**, **tomato paste** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.



Serve up

- Divide beef, pork and cherry tomato bolognese with penne between bowls.
- Sprinkle with **grated Parmesan cheese**. Serve with pear salad. Enjoy!

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

Custom Recipe: If you've doubled your grated Parmesan cheese, sprinkle over extra cheese as above.

We're here to help!

Scan here if you have any questions or concerns

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