



Quick Creamy Pork & Courgette Fusilli

with Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

1



Fusilli



Courgette



Baby Leaves



Onion



Celery



Pork Mince



Cream



Nan's Special Seasoning



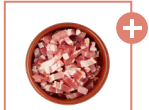
Chilli Flakes (Optional)



Grated Parmesan Cheese



Beef Mince



Diced Bacon

Recipe Update

We've replaced the spaghetti in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 15-25 mins

In this dish, we've paired a special seasoning straight from Nan's secret spice drawer 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.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
fusilli	1 small packet	2 small packets
courgette	1	2
baby leaves	1 small packet	1 medium packet
onion	½	1
celery	1 stalk	2 stalks
pork mince	1 medium packet	2 medium packets OR 1 large packet
cream	½ packet	1 packet
Nan's special seasoning	1 large sachet	2 large sachets
butter*	20g	40g
chilli flakes (optional)	1 pinch	1 pinch
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4149kJ (991Cal)	791kJ (189Cal)
Protein (g)	43.5g	8.3g
Fat, total (g)	55.3g	10.5g
- saturated (g)	28.9g	5.5g
Carbohydrate (g)	77.5g	14.8g
- sugars (g)	9.6g	1.8g
Sodium (mg)	924mg	176mg
Dietary Fibre (g)	8.5g	1.6g

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

1



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat. Cook **fusilli**, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain and return **fusilli** to the saucepan.

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



Cook the sauce

- Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **courgette, onion, celery** and **pork mince**, breaking up **mince** with a spoon, until browned, **6-7 minutes**.
- Reduce heat to medium, then add **cream** (see ingredients) and **Nan's special seasoning**. Cook until bubbling, **1 minute**.
- Add **baby leaves**, the **butter**, the **cooked fusilli** and **reserved pasta water** and cook until leaves are just wilted, **2 minutes**. Season with **salt** and **pepper**.

2



Get prepped

- Meanwhile, grate **courgette**.
- Roughly chop **baby leaves**.
- Finely chop **onion** (see ingredients) and **celery**.

4



Serve up

- Divide creamy pork and courgette fusilli.
- Garnish with **chilli flakes** (if using) and sprinkle over **grated parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.


We're here to help!


Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**
Follow method above.

 **ADD DICED BACON**
Before cooking veggies, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

