



Creamy Pork & Pumpkin Fusilli

with Parmesan Cheese & Chilli Flakes












NEW

KID FRIENDLY

Grab your meal kit with this number

13



-  Peeled Pumpkin Pieces
-  Garlic & Herb Seasoning
-  Fusilli
-  Lemon
-  Grated Parmesan Cheese
-  Pork Mince
-  Nan's Special Seasoning
-  Baby Leaves
-  Chilli Flakes (Optional)
-  Beef Mince
-  Pork Mince

Recipe Update

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

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

 Protein Rich

There are plenty of choices for a good pasta out there, but we're positive we have the winning combination of ingredients that will top the lot. Savoury pork mince and sweet roasted pumpkin come together in a creamy saue that clings to perfectly al dente fusilli. That sounds (and tastes) like the best to us.

Pantry items

Olive Oil, Butter, Plain Flour, Milk

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

Oven tray lined with baking paper · Large saucepan · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fusilli	1 medium packet	2 medium packets
lemon	½	1
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	½ cup	1 cup
grated Parmesan cheese	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
chilli flakes (optional)	1 pinch	1 pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2835kJ (677Cal)	695kJ (166Cal)
Protein (g)	41g	10.1g
Fat, total (g)	31.6g	7.7g
- saturated (g)	13.7g	3.4g
Carbohydrate (g)	53.3g	13.1g
- sugars (g)	11.3g	2.8g
Sodium (mg)	1009mg	247mg
Dietary Fibre (g)	3.3g	0.8g

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.

1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan forced**. Boil the kettle.
- Place **peeled & chopped pumpkin** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



Make the sauce

- Meanwhile, heat a medium saucepan over medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Remove pan from heat, then slowly whisk in the **milk**. Whisk until smooth.
- Stir through **grated Parmesan cheese**, then season with **salt** and **pepper**. Transfer to bowl and set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**. Add **Nan's special seasoning** and cook until fragrant, **1-2 minutes**.
- Add **white sauce** to **mince** along with **fusilli**, **pumpkin** and **reserved pasta water**. Stir and simmer until slightly thickened, **1-2 minutes**.
- Remove pan from heat, stir in **baby leaves**, **lemon zest** and a squeeze of **lemon juice** (add a splash of water if the sauce is too thick!). Season to taste.

CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

2



Cook the fusilli

- When the pumpkin has **15 minutes** remaining, half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Cook **fusilli**, uncovered, over a high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain. Zest **lemon** to get a pinch and slice into wedges.

4



Serve up

- Divide creamy pork and pumpkin fusilli between bowls.
- Sprinkly over **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



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

