



Italian Beef & Pork Fusilli

with Baby Leaves & Cheddar Cheese

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

12



Fusilli



Onion



Tomato



Beef & Pork Mince



Aussie Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Baby Leaves



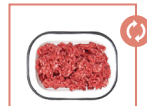
Shredded Cheddar Cheese



Grated Parmesan Cheese



Pork Mince



Beef Mince

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

Fusilli with a cheesy tomato sauce, veggies and the combo of beef and pork, all packed into one amazing piled-high pasta. If that's what you were hoping for then this dish won't disappoint you!

Pantry items

Olive Oil, Plain Flour, Butter, Brown Sugar, 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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 medium packet	2 medium packets
onion	½	1
tomato	1	2
beef & pork mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 large sachet	2 large sachets
plain flour*	2 tbs	¼ cup
butter*	40g	80g
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
milk*	1 cup	2 cups
baby leaves	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4066kJ (971Cal)	930kJ (222Cal)
Protein (g)	49.8g	11.4g
Fat, total (g)	48.6g	11.1g
- saturated (g)	25.8g	5.9g
Carbohydrate (g)	81.2g	18.6g
- sugars (g)	12g	2.7g
Sodium (mg)	1910mg	437mg
Dietary Fibre (g)	9g	2.1g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



1



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **fusilli** in boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¾ cup for 2 people / 1½ cups for 4 people), then drain **fusilli** and return to 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



Finish the sauce

- Reduce frying pan to medium heat, then add **Aussie spice blend**, the **plain flour**, **butter** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder** and the **brown sugar**, then slowly stir in the **milk**, allow to slightly thicken.
- Remove pan from heat, then add **cooked fusilli**, **baby leaves** and **shredded Cheddar cheese**, stirring until leaves are wilted. Season with **salt** and **pepper**.

CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



SWAP TO BEEF MINCE
Follow method above.

2



Start the sauce

- Meanwhile, finely chop **onion** (see ingredients) and **tomato**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef & pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **onion** and **tomato**, then cook, tossing, until tender, **3-5 minutes**.

4



Serve up

- Divide Italian beef and pork fusilli between bowls.
- Top with **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the cheese!

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

