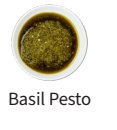
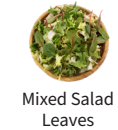
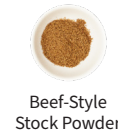
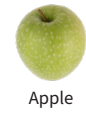




Pork Bolognese & Spaghetti

with Basil Pesto & Parmesan

Grab your Meal Kit with this symbol



Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Try this twist on spaghetti bolognese, with pork mince rather than the usual beef, plus veggies stirred through at the end to add phenomenal flavour. Finished with the classic Italian combo of Parmesan and basil pesto, it's sure to become a new favourite.

Pantry items

Olive Oil, Brown Sugar, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	2 packets
brown onion	1 (medium)	1 (large)
carrot	1	2
garlic	3 cloves	6 cloves
apple	½	1
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	pinch	pinch
butter*	30g	60g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4446kJ (1062Cal)	655kJ (156Cal)
Protein (g)	46.7g	6.9g
Fat, total (g)	47.8g	7g
- saturated (g)	18.5g	2.7g
Carbohydrate (g)	107.4g	15.8g
- sugars (g)	24g	3.5g
Sodium (mg)	1594mg	235mg

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 pasta

Bring a large saucepan of salted water to the boil. Cook the **spaghetti** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain the **pasta** and return to the pan with a drizzle of **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Make it saucy

Add the **crushed & sieved tomatoes**, some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), the **beef-style stock powder** and a pinch of **brown sugar**. Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**.



Get prepped

While the pasta is cooking, finely chop the **brown onion** and **carrot**. Finely chop the **garlic**. Thinly slice the **apple** (see ingredients).



Cook the pork

Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork mince**, breaking up with a spoon, until browned, **2-3 minutes**. Reduce the heat to medium-high, then add the **onion** and **carrot** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.



Bring it all together

Add the **spaghetti**, **butter** and **grated Parmesan cheese** to the sauce. Season to taste and stir to combine. In a medium bowl, combine the **mixed salad leaves**, **apple** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

TIP: If the sauce is too thick, add a splash more of reserved pasta water to loosen.



Serve up

Divide the pork bolognese and spaghetti between bowls. Top with the **basil pesto**. Serve with the apple salad.

Enjoy!