



Pork Bolognese & Spaghetti

with Red Pesto & Parmesan

Grab your Meal Kit with this symbol



Spaghetti



Carrot



Brown Onion



Garlic



Tomato



Pork Mince



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



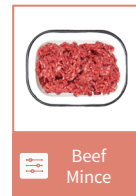
Red Pesto



Grated Parmesan Cheese



Mixed Salad Leaves



Beef Mince

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 to add phenomenal flavour. Finished with the classic Italian combo of Parmesan and red pesto, it's sure to become a new favourite.



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

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 · Large frying pan

Ingredients

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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4039kJ (965Cal)	585kJ (140Cal)
Protein (g)	48.4g	7g
Fat, total (g)	41.1g	6g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	97g	14.1g
- sugars (g)	25g	3.6g
Sodium (mg)	1220mg	177mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4152kJ (992Cal)	602kJ (144Cal)
Protein (g)	51.7g	7.5g
Fat, total (g)	39.5g	5.7g
- saturated (g)	18.8g	2.7g
Carbohydrate (g)	97g	14.1g
- sugars (g)	25g	3.6g
Sodium (mg)	1203mg	174mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the spaghetti

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 **spaghetti** and return to the saucepan. Drizzle with a little **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), **beef-style stock powder** and the **brown sugar**. Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**.



Get prepped

While the spaghetti is cooking, finely chop the **carrot**, **brown onion** and **garlic**. Roughly chop the **tomato**.



Bring it all together

Add the **spaghetti**, **butter**, **red pesto** and **grated Parmesan cheese** to the **sauce**. Season with **salt** and **pepper** and stir to combine. Set aside. In a medium bowl, combine the **mixed salad leaves**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

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



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 until softened, **3-4 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.

CUSTOM RECIPE

If you've swapped pork mince for beef mince, cook it in the same way as above.



Serve up

Divide the pork bolognese and spaghetti between bowls. Serve with the garden salad.

Enjoy!