



# Pork Bolognese & Spaghetti

with Basil Pesto & Parmesan

Grab your Meal Kit with this symbol



Spaghetti



Carrot



Onion



Garlic



Apple



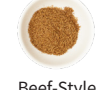
Pork Mince



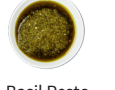
Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



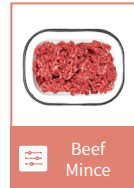
Basil Pesto



Grated Parmesan Cheese



Mixed Leaves



Beef Mince

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 basil 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	1 packet
carrot	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
apple	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
basil pesto	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed leaves	1 small bag	1 medium bag
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)	4308kJ (1029Cal)	624kJ (149Cal)
Protein (g)	48.7g	7.1g
Fat, total (g)	46.7g	6.8g
- saturated (g)	18.2g	2.6g
Carbohydrate (g)	100.1g	14.5g
- sugars (g)	27.2g	3.9g
Sodium (mg)	1246mg	181mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4655kJ (1112Cal)	674kJ (161Cal)
Protein (g)	53g	7.7g
Fat, total (g)	51.5g	7.5g
- saturated (g)	21.7g	3.1g
Carbohydrate (g)	100.1g	14.5g
- sugars (g)	27.2g	3.9g
Sodium (mg)	1223mg	177mg

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://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](https://hellofresh.co.nz/contact)

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## Cook the pasta

Bring a large saucepan of lightly salted water to the boil. Cook the **spaghetti** in the 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), 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 **carrot**, **onion** and **garlic**. Thinly slice the **apple**.



## Bring it all together

Add the **spaghetti**, the **butter**, **basil 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 leaves**, **apple** 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 **carrot** and **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.

### CUSTOM RECIPE

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



## Serve up

Divide the pork bolognese and spaghetti between plates. Serve with the apple salad.

## Enjoy!