

Pork Bolognese & Spaghetti

with Basil Pesto & Parmesan

Grab your Meal Kit with this symbol



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!



Spaghetti



Carrot



Onion



Garlic



Apple



Pork Mince



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Basil Pesto



Grated Parmesan Cheese



Mixed Leaves

 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.

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 |
| 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* | ½ tsp | 1 tsp |
| 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 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4308kJ (1030Cal) | 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 |

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 **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.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Make it saucy

Add **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 the **brown sugar**. Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**.

Little cooks: Kids can help out with measuring the reserved pasta water.



Get prepped

While the pasta is cooking, finely chop **carrot**, **onion** and **garlic**. Thinly slice **apple**.



Cook the pork

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



Bring it all together

Add **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 **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.



Serve up

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

Enjoy!