



Pork Bolognese & Spaghetti

with Basil Pesto & Parmesan

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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



Onion



Carrot



Garlic



Apple



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Mixed Leaves



Pork Mince



Basil Pesto



Grated Parmesan Cheese

Prep in: 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 packet	1 packet
onion	1 (medium)	1 (large)
carrot	1	2
garlic	3 cloves	6 cloves
apple	1	2
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 sachet	1 sachet
crushed & sieved tomatoes	1 box (400g)	2 boxes (800g)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 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)	4251kJ (1016Cal)	619kJ (148Cal)
Protein (g)	47.4g	6.9g
Fat, total (g)	47.2g	6.9g
- saturated (g)	18.3g	2.7g
Carbohydrate (g)	96.7g	14.1g
- sugars (g)	23.9g	3.5g
Sodium (mg)	1271mg	185mg

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 spaghetti

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **spaghetti**, uncovered, over high heat until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain **spaghetti** and return to 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), **beef-style stock powder** and the **brown sugar**. Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**.



Get prepped

- Meanwhile, finely chop **onion**, **carrot** and **garlic**. Thinly slice **apple**.

Little cooks: Kids can help peel off the onion's outer layer (we recommend wearing goggles to avoid onion tears!).



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.

Little cooks: Take the lead by tossing the salad!



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



Serve up

- Divide pork bolognese and spaghetti between bowls.
- Serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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