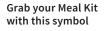


Pork & Mushroom Spaghetti Bolognese

with Basil Pesto & Parmesan











Spaghetti





Carrot





Garlic & Herb



Crushed & Sieved



Seasoning

Tomatoes





Mushrooms

Stock Powder

Mixed Leaves



Basil Pesto



Grated Parmesan Cheese



Pork Mince



Olive Oil, Brown Sugar, Butter, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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You will need

 $Large\ saucepan\cdot Large\ frying\ pan$

Inaredients

	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
mushrooms	1 packet	1 packet
apple	1	2
pork mince	1 packet	1 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

Per Serving	Per 100g
4329kJ (1035Cal)	550kJ (131Cal)
50.2g	6.4g
47.7g	6.1g
18.3g	2.3g
96.7g	12.3g
23.9g	3g
1275mg	162mg
	4329kJ (1035Cal) 50.2g 47.7g 18.3g 96.7g 23.9g

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

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- · Cook spaghetti, uncovered, over a 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 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!



Get prepped

• Meanwhile, finely chop onion, carrot and garlic. Thinly slice mushrooms and apple.

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



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, carrot and mushrooms and cook until softened. 4-5 minutes.
- Add garlic and garlic & herb seasoning and cook until fragrant, 1 minute.



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.



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!



Serve up

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



