



Pork Bolognese & Spaghetti

with Basil Pesto & Parmesan

KID FRIENDLY



 **Recipe Update**
The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Grab your Meal Kit with this symbol



Spaghetti



Onion



Carrot



Apple



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Seasoning Blend



Cos Lettuce



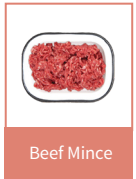
Pork Mince



Basil Pesto



Grated Parmesan Cheese



Beef Mince

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 at the end 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 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
apple	1	2
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
seasoning blend	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
basil pesto	1 packet (50g)	1 packet (100g)
cos lettuce	½ head	1 head
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4228kJ (1011Cal)	620kJ (148Cal)
Protein (g)	47.1g	6.9g
Fat, total (g)	47.1g	6.9g
- saturated (g)	18.3g	2.7g
Carbohydrate (g)	96.3g	14.1g
- sugars (g)	23.8g	3.5g
Sodium (mg)	1271mg	186mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4519kJ (1080Cal)	662kJ (158Cal)
Protein (g)	51.3g	7.5g
Fat, total (g)	51.6g	7.6g
- saturated (g)	21.1g	3.1g
Carbohydrate (g)	96.3g	14.1g
- sugars (g)	23.8g	3.5g
Sodium (mg)	1250mg	183mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW43



1



Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- 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 and return **spaghetti** 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!

4



Make it saucy

- Add **crushed & sieved tomatoes**, some reserved **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), the **seasoning blend** and **brown sugar**.
- Simmer, stirring occasionally, until slightly thickened, **3-4 minutes**.

2



Get prepped

- Meanwhile, finely chop **onion**. Grate the **carrot**. Thinly slice **apple**.

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

5



Bring it all together

- Add cooked **spaghetti**, the **butter** and **basil pesto** to the sauce. Season with **salt** and **pepper** and stir to combine. Remove from heat.
- Shred **cos lettuce** leaves (see ingredients).
- In a medium bowl, combine **cos lettuce**, **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!

3



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 & herb seasoning** and cook until fragrant, **1 minute**.

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

6



Serve up

- Divide pork bolognese and spaghetti between bowls.
- Sprinkle with **grated Parmesan cheese**. Serve with apple salad. Enjoy!

Rate your recipe

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