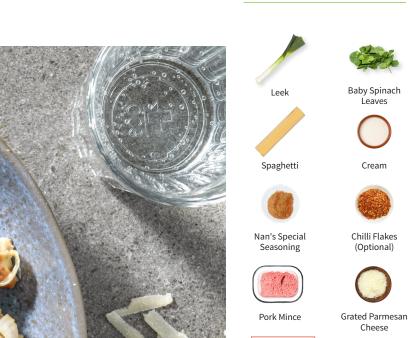


Pork, Leek & Spinach Spaghetti with Parmesan Cheese







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!

Prep in: 10-20 mins Ready in: 20-30 mins In this dish, we've paired a special seasoning straight from Nan's secret spice drawer with a silky cream-based sauce, then followed it up with tender pork mince for a 20 minute meal that looks and smells every bit as good as it tastes.

Pantry items Olive Oil, Butter

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

 $\mathsf{Large}\ \mathsf{saucepan} \cdot \mathsf{Large}\ \mathsf{frying}\ \mathsf{pan}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
baby spinach leaves	1 medium bag	1 large bag
spaghetti	1 packet	1 packet
pork mince	1 packet	1 packet
cream	⅓ bottle (125ml)	1 bottle (250ml)
Nan's special seasoning	1 sachet	2 sachets
butter*	20g	40g
chilli flakes ∮ (optional)	pinch	pinch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3992kJ (954Cal)	978kJ (234Cal)
Protein (g)	44.8g	11g
Fat, total (g)	50.6g	12.4g
- saturated (g)	28.5g	7g
Carbohydrate (g)	75.8g	18.6g
- sugars (g)	10g	2.4g
Sodium (mg)	2074mg	508mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4283kJ (1024Cal)	1049kJ (251Cal)
Protein (g)	49g	12g
Fat, total (g)	55.1g	13.5g
- saturated (g)	31.4g	7.7g
Carbohydrate (g)	75.8g	18.6g
- sugars (g)	10g	2.4g
Sodium (mg)	2053mg	503mg

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 | CW39



Get prepped

- Boil the kettle. Thinly slice white and light green parts of **leek**.
- Roughly chop **baby spinach leaves**.



Cook the spaghetti

2

- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil over high heat. Cook spaghetti, uncovered, until 'al dente', 10 minutes.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return **spaghetti** to saucepan.

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!



Serve up

- Divide pork, leek and spinach spaghetti between bowls.
- Sprinkle with grated Parmesan cheese to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

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Cook the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
 Cook leek and pork mince, breaking up mince with a spoon, until browned,
 4-5 minutes.
- Reduce heat to medium. Add cream (see ingredients) and Nan's special seasoning and cook until bubbling, 1 minute.
- Add baby spinach, the butter, a pinch of chilli flakes (if using), the cooked spaghetti and reserved pasta water and cook until spinach is wilted,
 2 minutes. Season with salt and pepper.

Custom Recipe: If you've swapped to beef mince, cook beef in the same way as above.