



Pork, Leek & Spinach Spaghetti

with Parmesan Cheese

Grab your Meal Kit with this symbol



Leek



Baby Spinach Leaves



Spaghetti



Cream



Nan's Special Seasoning



Chilli Flakes (Optional)



Pork Mince



Grated Parmesan Cheese



Beef Mince

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.

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

Pantry items

Olive Oil, Butter

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
leek	1	2
baby spinach leaves	1 medium bag	1 large bag
spaghetti	1 packet	1 packet
pork mince	1 packet	1 packet
cream	½ 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 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.



Cook the spaghetti

- 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.

Rate your recipe

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