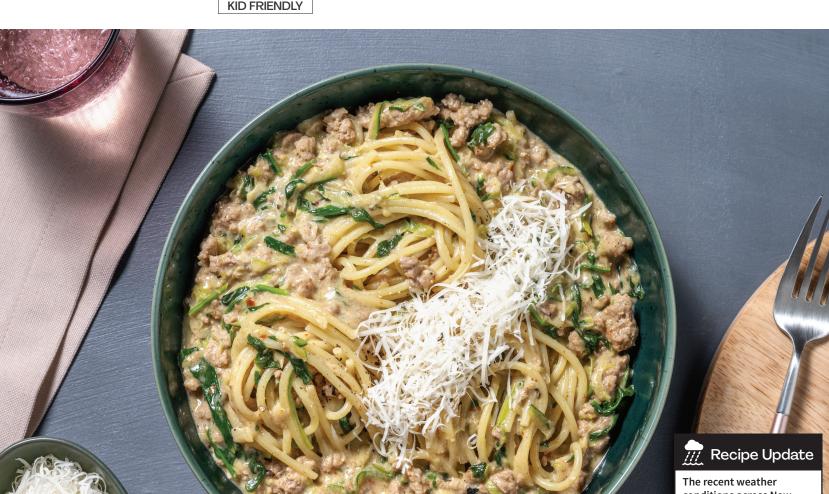


# Easy Creamy Pork & Leek Spaghetti

with Parmesan Cheese

KID FRIENDLY



Grab your Meal Kit with this symbol













Spaghetti



Nan's Special Seasoning



Grated Parmesan Cheese

Chilli Flakes

(Optional)

conditions across New Zealand have 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 quick meal that looks and smells every bit as good as it tastes.

**Pantry items** Olive Oil, Butter

#### Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

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

## Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
leek	1	2		
baby spinach leaves	1 medium bag	1 large bag		
courgette	1	2		
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 medium packet	1 large packet		
beef mince**	1 packet	1 packet (or 2 packets)		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4021kJ (961Cal)	<b>784kJ</b> (187Cal)
Protein (g)	45.6g	8.9g
Fat, total (g)	50.8g	9.9g
- saturated (g)	28.5g	5.6g
Carbohydrate (g)	75.7g	14.8g
- sugars (g)	10.9g	2.1g
Sodium (mg)	1141mg	222mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4312kJ (1031Cal)	840kJ (201Cal)
Protein (g)	49.8g	9.7g
Fat, total (g)	55.3g	10.8g
- saturated (g)	31.4g	6.1g
Carbohydrate (g)	75.7g	14.8g
- sugars (g)	10.9g	2.1g
Sodium (mg)	1106mg	216mg

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.



Scan here if you have any questions or concerns

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## Get prepped

- Thinly slice white and light green parts of leek.
- Roughly chop baby spinach leaves.
- Grate the courgette.



#### Cook the sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
  Cook leek, courgette and pork mince, breaking up mince with a spoon, until browned, 4-5 minutes.
- Reduce heat to medium, then 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 the 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 creamy pork and leek spaghetti between bowls.
- Sprinkle with grated Parmesan cheese to serve. Enjoy!

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