



Easy Creamy Pork & Leek Spaghetti

with Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Baby Spinach Leaves



Courgette



Spaghetti



Pork Mince



Cream



Nan's Special Seasoning



Chilli Flakes (Optional)



Grated Parmesan Cheese



Beef Mince

Recipe Update

The recent weather 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.

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

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 · 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
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)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4021kJ (961Cal)	784kJ (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.

We're here to help!

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.

Rate your recipe

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