



# CHEAT'S ITALIAN PORK & VEGGIE BOLOGNESE

with Penne & Parmesan



Add hidden veggies  
to a bolognese



Red Onion



Courgette



Parmesan Cheese



Garlic



Oregano



Pine Nuts



Pork Mince



Penne



Crushed & Sieved  
Tomatoes



Vegetable Stock



Baby Spinach  
Leaves

Hands-on: **40 mins**  
Ready in: **45 mins**

This bolognese packed with all the rich flavours of a classic Italian sauce will scarcely have you believing it only took around half an hour to whip up. Silky baby spinach and courgette melt into this dish creating a mouth-watering meal you'll make time and time again.

**Pantry Staples:** Olive Oil, Balsamic Vinegar (or Red Wine Vinegar), Brown Sugar, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large saucepan** • **large frying pan**



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **red onion**. Grate the **courgette**. Grate the **Parmesan cheese**. Finely chop the **garlic** (or use a garlic press). Pick the **oregano** leaves. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



### 2 COOK THE PORK MINCE

Return the frying pan to a medium-high heat with a **good drizzle of olive oil**. Add the **red onion** and cook until softened, **3-4 minutes**. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add another **drizzle of olive oil** to the pan, along with the **garlic** and **oregano** and cook until fragrant, **1-2 minutes**. Add the grated **courgette** and cook, stirring, until softened, **3 minutes**.



### 3 COOK THE PENNE

While the pork mince is cooking, add the **penne** to the saucepan of boiling water and cook until 'al dente', **9 minutes**. Reserve **1 cup of pasta water** then drain, return to the saucepan and **drizzle with olive oil** to prevent sticking. **TIP:** 'Al dente' means the pasta is cooked through but is still a little firm.



### 4 MAKE IT A BOLOGNESE

Add the **crushed & sieved tomatoes**, **balsamic vinegar** and **brown sugar** to the pork mince. Crumble in the **vegetable stock** cubes and mix well. Simmer until slightly thickened, **5 minutes**. **TIP:** *Simmer for an extra 10 minutes if you have time!* Season with a **pinch of pepper** and add the **baby spinach leaves**. Cook, stirring, until wilted, **1 minute**. Add the **butter** and stir until melted.



### 5 BRING IT ALL TOGETHER

Once the bolognese has finished cooking, add the cooked **penne** to the pan and toss until well coated. Add a splash of **reserved pasta water** if the sauce looks too thick. Season to taste with **salt** and **pepper**. **TIP:** *Seasoning is key in this dish! Taste and add more salt or pepper if you like.* **TIP:** *Toss the pasta and sauce in the large saucepan if your frying pan isn't big enough.*



### 6 SERVE UP

Divide the cheat's Italian pork & veggie bolognese between bowls and sprinkle over the grated Parmesan cheese and the toasted pine nuts.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
courgette	2
Parmesan cheese	1 block (50 g)
garlic	6 cloves
oregano	1 bunch
pine nuts	2 packets
pork mince	1 packet
penne	2 packets
crushed & sieved tomatoes	2 tins (800 g)
balsamic vinegar* (or red wine vinegar)	4 tsp
brown sugar*	1 tsp
vegetable stock	2 cubes
baby spinach leaves	1 bag (120 g)
butter*	40 g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3610kJ (863Cal)	537kJ (128Cal)
Protein (g)	54.1g	8.1g
Fat, total (g)	28.5g	4.3g
- saturated (g)	12.3g	1.8g
Carbohydrate (g)	93.2g	13.9g
- sugars (g)	17.3g	2.6g
Sodium (g)	844mg	126mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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