



# Creamy Pork & Roast Tomato Penne

with Grated Parmesan Cheese

KID FRIENDLY



Grab your Meal Kit with this symbol



Tomato



Onion



Penne



Herb & Mushroom Seasoning



Chilli Flakes (Optional)



Baby Spinach Leaves



Vegetable Stock Powder



Cream



Pork Mince



Grated Parmesan Cheese



Beef Mince

## Pantry items

Olive Oil

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

Packed with the rich flavours of a classic creamy tomato sauce, you'll find it hard to believe it didn't involve hours of cooking. Silky baby spinach melts into the sauce, creating a mouth-watering meal everyone will love.

**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

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	2	4
onion	1 (medium)	1 (large)
penne	1 packet	1 packet
pork mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
baby spinach leaves	1 small bag	1 medium bag
vegetable stock powder	1 medium sachet	1 large sachet
cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3834kJ (916Cal)	813kJ (194Cal)
Protein (g)	43.7g	9.3g
Fat, total (g)	46.8g	9.9g
- saturated (g)	23.7g	5g
Carbohydrate (g)	77.8g	16.5g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1058mg	224mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4125kJ (986Cal)	875kJ (209Cal)
Protein (g)	47.9g	10.2g
Fat, total (g)	51.3g	10.9g
- saturated (g)	26.6g	5.6g
Carbohydrate (g)	77.8g	16.5g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1023mg	217mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.nz/foodinfo](https://hellofresh.com.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



## 1 Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Cut **tomato** and **onion** into wedges. Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until golden and tender, **15-20 minutes**.



## 4 Make the sauce

- Add **baby spinach leaves**, **vegetable stock powder**, **cream** (see ingredients) and reserved **pasta water** to the **pork**. Stir to combine and simmer until just wilted, **1 minute**.



## 2 Cook the pasta

- Cook **penne** in the boiling water 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 **pasta** to the saucepan.
- Drizzle with a little **olive oil** to prevent sticking.

**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!



## 5 Finish the sauce

- Remove the pan from heat, then add cooked **penne**, roasted **veggies** and 1/2 the **grated Parmesan cheese**. Gently toss to combine and season with **pepper**.



## 3 Cook the pork

- While the pasta is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **herb & mushroom seasoning** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.

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



## 6 Serve up

- Divide creamy pork and roast tomato penne between bowls.
- Top with remaining Parmesan cheese to serve. Enjoy!

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

## Rate your recipe

Did we make your tastebuds happy?

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