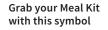


# Creamy Pork & Roast Tomato Penne with Grated Parmesan Cheese

KID FRIENDLY











Penne



Herb & Mushroom Seasoning





Chilli Flakes (Optional)

**Baby Spinach** 





Vegetable Stock



Pork Mince





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.

**Pantry items** Olive Oil

## 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

 $\label{large-sauce-pan-oven-tray-lined} \mbox{Large sauce-pan} \cdot \mbox{Oven tray lined with baking paper} \cdot \mbox{Large} \\ \mbox{frying pan}$ 

# Ingredients

in ign concrito				
	2 People	4 People		
olive oil*	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		

<sup>\*</sup>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
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#### **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 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





# 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**.



# 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!



# 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.



# 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.



# 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.



## 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.



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