



Rustic Pork & Roast Tomato Penne

with Grated Parmesan Cheese

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato



Onion



Capsicum



Penne



Herb & Mushroom Seasoning



Chilli Flakes (Optional)



Vegetable Stock Powder



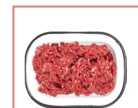
Cream



Pork Mince



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: 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 Parmesan cheese soaks 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.

Pantry items

Olive Oil

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	2	4
onion	1 (medium)	1 (large)
capsicum	1	2
penne	1 packet	1 packet
pork mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
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)	3840kJ (918Cal)	815kJ (195Cal)
Protein (g)	43.7g	9.3g
Fat, total (g)	46.8g	9.9g
- saturated (g)	23.7g	5g
Carbohydrate (g)	77.6g	16.5g
- sugars (g)	11.7g	2.5g
Sodium (mg)	1058mg	224mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4131kJ (987Cal)	876kJ (209Cal)
Protein (g)	47.9g	10.2g
Fat, total (g)	51.3g	10.9g
- saturated (g)	26.6g	5.6g
Carbohydrate (g)	77.6g	16.5g
- sugars (g)	11.7g	2.5g
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.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



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. Cut **capsicum** into bite-sized chunks.
- 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 it saucy

- To the pork, add **vegetable stock powder**, **cream** (see ingredients) and reserved **pasta water**. Stir to combine and simmer, **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, then 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 mince for beef mince, cook beef in the same way as above.

6



Serve up

- Divide rustic 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?

Let our culinary team know: hellofresh.co.nz/rate