

# Pork & Roasted Veggie Orecchiette

with Parmesan

Grab your Meal Kit with this symbol



Garlic



Leek



Carrot



Orecchiette



Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Tomato Sugo



Beef-Style Stock Powder



Salad Leaves



Grated Parmesan Cheese



Beef Mince

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins  
Ready in: 35-45 mins

In this dish, we've teamed the Italian inspired tomato sauce with seasoned pork mince and roasted veggies for a meal that looks 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, Brown Sugar, Butter



## 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
leek	1	2
carrot	1	2
orecchiette	1 medium packet	1 large packet
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
tomato sugo	1 box (200g)	1 box (400g)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (821Cal)	639kJ (153Cal)
Protein (g)	45.4g	8.4g
Fat, total (g)	28.3g	5.3g
- saturated (g)	13.7g	2.5g
Carbohydrate (g)	91.7g	17.1g
- sugars (g)	19.8g	3.7g
Sodium (mg)	1542mg	287mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3782kJ (903Cal)	704kJ (168Cal)
Protein (g)	49.7g	9.2g
Fat, total (g)	33.1g	6.2g
- saturated (g)	17.2g	3.2g
Carbohydrate (g)	91.7g	17.1g
- sugars (g)	19.8g	3.7g
Sodium (mg)	1519mg	283mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2022 | CW17



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Finely chop **garlic**. Thickly slice **leek**. Cut **carrot** into bite-sized chunks. Place **leek** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



## Cook the sauce

Add **tomato sugo**, **beef-style stock powder**, the **brown sugar** and reserved **pasta water** and stir to combine. Reduce heat to medium, then simmer until slightly thickened, **2-3 minutes**.

**Little cooks:** Kids can help out with measuring the **brown sugar**.



## Make the pasta

While the veggies are roasting, cook **orecchiette** in boiling water until 'al dente', **8 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **orecchiette** 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!



## Bring it all together

Add cooked **orecchiette**, **roasted veggies**, the **salad leaves** and the **butter** and stir to combine. Remove from heat and season with **pepper**.

**TIP:** Add another dash of water if the sauce is too thick.



## Cook the pork

While the orecchiette is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking it up with a spoon, until browned, **2-3 minutes**. Add **garlic**, **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.

### CUSTOM RECIPE

If you've swapped your pork mince for beef mince, cook the beef in the same way as above!



## Serve up

Divide pork and roasted veggie orecchiette between bowls. Top with **grated Parmesan cheese** to serve.

**Little cooks:** Kids can add the finishing touch by sprinkling the cheese on top.

## Enjoy!