

Garlic-Herb Pork & Veggie Penne

with Parmesan

Grab your Meal Kit with this symbol



Garlic



Celery



Carrot



Penne



Garlic & Herb Seasoning



Tomato Paste



Beef-Style Stock Powder



Baby Spinach Leaves



Pork Mince



Tomato Sugo



Grated Parmesan Cheese



Grated Parmesan Cheese

Keep an eye out...
Due to recent sourcing challenges, we've replaced orecchiette with penne, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 35-45 mins

In this dish, we've teamed the Italian inspired tomato sauce with seasoned pork mince and colourful 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
penne	1 packet	2 packets
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
tomato sugo	1 packet (200g)	1 packet (400g)
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*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)	3671kJ (877Cal)	664kJ (159Cal)
Protein (g)	50.4g	9.1g
Fat, total (g)	32.3g	5.8g
- saturated (g)	16.3g	3g
Carbohydrate (g)	91.7g	16.6g
- sugars (g)	19.8g	3.6g
Sodium (mg)	1648mg	298mg

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



Get prepped

- Bring a large saucepan of salted water to the boil.
- Finely chop **garlic**. Thinly slice **celery**. Cut **carrot** into small chunks.



Start 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**.



Cook the pasta

- Meanwhile, cook **penne** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return penne 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!



Finish the sauce

- Add cooked **penne**, **baby spinach leaves** and the **butter** and stir to combine. Remove from heat, then season with **pepper**.

TIP: Add a dash more water if the sauce is too thick.



Cook the pork

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



Serve up

- Divide garlic-herb pork and veggie penne between bowls.
- Garnish with **grated Parmesan cheese** to serve. Enjoy!

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

Custom Recipe: If you've doubled your grated Parmesan cheese, garnish with cheese to serve as above.

Rate your recipe

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