



Garlic-Herb Pork & Veggie Penne

with Parmesan

MONTHLY SPECIAL

Grab your Meal Kit with this symbol



Leek



Courgette



Penne



Garlic & Herb Seasoning



Tomato Paste



Crushed & Sieved Tomatoes



Seasoning Blend



Baby Spinach Leaves



Pork Mince



Grated Parmesan Cheese



Beef Mince

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
courgette	1	2
penne	1 packet	1 packet
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
crushed & sieved tomatoes	½ tin	1 tin
seasoning blend	½ sachet	1 sachet
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
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)	3311kJ (791Cal)	575kJ (137Cal)
Protein (g)	45.6g	7.9g
Fat, total (g)	28.2g	4.9g
- saturated (g)	13.6g	2.4g
Carbohydrate (g)	82.4g	14.3g
- sugars (g)	17.5g	3g
Sodium (mg)	1559mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3601kJ (861Cal)	626kJ (150Cal)
Protein (g)	49.8g	8.7g
Fat, total (g)	32.7g	5.7g
- saturated (g)	16.4g	2.8g
Carbohydrate (g)	82.4g	14.3g
- sugars (g)	17.5g	3g
Sodium (mg)	1524mg	265mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Bring a large saucepan of salted water to the boil.
- Thinly slice **leek**. Grate the **courgette**.



Start the sauce

- Add **crushed & sieved tomatoes** (see ingredients), **seasoning blend** (see ingredients), 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

- Cook **penne** in the boiling water until 'al dente', **12 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.



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 of reserved pasta water if the sauce is too thick.



Cook the pork

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

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



Serve up

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

Rate your recipe

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