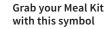


Garlic-Herb Pork & Veggie Penne

with Parmesan

MONTHLY SPECIAL



















Crushed &

Sieved Tomatoes

Seasoning

Tomato Paste



Seasoning Blend





Pork Mince



Cheese





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.

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

 $Large\ saucepan \cdot Large\ frying\ pan$

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

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



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.



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!



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**.



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.



Serve up

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

