



Pork & Veggie Orecchiette

with Parmesan & Parsley

Grab your Meal Kit with this symbol



Garlic



Celery



Carrot



Capsicum



Orecchiette



Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Parsley



Grated Parmesan Cheese

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with capsicum, which may be a little 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 traditional Italian tomato sauce with seasoned pork mince and rainbow veggies for a meal that looks every bit as good as it tastes.

Pantry items

Olive Oil, 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
capsicum	1	2
orecchiette	1 medium packet	2 medium packets
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
crushed & sieved tomatoes	1 tin	2 tins
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
butter*	20g	40g
parsley	1 bag	1 bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

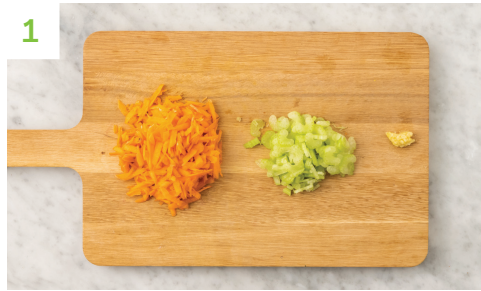
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3368kJ (805Cal)	548kJ (131Cal)
Protein (g)	45.8g	7.5g
Fat, total (g)	27.9g	4.5g
- saturated (g)	13.5g	2.2g
Carbohydrate (g)	88.5g	14.4g
- sugars (g)	18.1g	2.9g
Sodium (mg)	1667mg	271mg

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. Finely chop the **garlic**. Thinly slice the **celery**. Grate the **carrot**. Cut the **capsicum** into bite-sized chunks.



Cook the orecchiette

Cook the **orecchiette** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain the **orecchiette** and return 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.



Cook the pork & veggies

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



Cook the sauce

Add the **tomato paste** to the **pork** and stir to coat. Add the **crushed & sieved tomatoes** and **beef-style stock powder** and stir to combine. Reduce the heat to medium, then simmer until slightly thickened, **5 minutes**.

TIP: If you have time, simmer the sauce for an extra 10 minutes!



Finish the sauce

When the sauce has simmered, season with **salt** and **pepper**. Add the cooked **orecchiette** and the **butter**. Stir through until the spinach has wilted, **1 minute**. Remove from the heat.

TIP: Add a dash of reserved pasta water if the sauce is too thick.



Serve up

Roughly chop the **parsley** leaves. Divide the pork and veggie orecchiette between bowls. Garnish with the **grated Parmesan cheese** and parsley to serve.

Enjoy!