



# Quick Pork Spaghetti Bolognese

with Veggies & Grated Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Celery



Onion



Spaghetti



Aussie Spice Blend



Crushed & Sieved Tomatoes



Beef-Style Stock Powder



Worcestershire Sauce



Baby Spinach Leaves



Pork Mince



Grated Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 25-35 mins

It's spag bol' night, get excited, especially because we're swapping out beef for pork mince and cooking it up in an Aussie spice mix and Worcestershire sauce (don't worry we have no clue how to say it either). Everyone will be loving this new take on a classic.

### 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
<b>olive oil*</b>	refer to method	refer to method
celery	1 stalk	2 stalks
onion	1	1
spaghetti	1 packet	1 packet
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
Worcestershire Sauce	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>butter*</b>	20g	40g
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3345kJ (799Cal)	697kJ (167Cal)
Protein (g)	43.5g	9.1g
Fat, total (g)	32.8g	6.8g
- saturated (g)	14.3g	3g
Carbohydrate (g)	78.8g	16.4g
- sugars (g)	12g	2.5g
Sodium (mg)	1288mg	268mg

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://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

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Meanwhile, finely chop **celery** and **onion**.



## Cook the pork

- Meanwhile, heat a large frying pan over high heat with drizzle of **olive oil**. When oil is hot, cook **pork mince**, breaking up with a spoon, until browned, **2-3 minutes**.
- Reduce heat to medium-high, then add **celery** and **onion** and cook until softened, **4-5 minutes**. Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes** (see ingredients), **beef-style stock powder**, **Worcestershire sauce** and reserved **pasta water**. Cook, stirring, until reduced, **2-3 minutes**.
- Remove pan from heat, then add **baby spinach leaves**, cooked **spaghetti** and the **butter**. Season to taste and stir until wilted.



## Cook the spaghetti

- Cook **spaghetti** in the boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), drain the **spaghetti**, then return to the saucepan.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Serve up

- Divide spiced pork spaghetti bolognese between bowls.
- Garnish with **grated Parmesan cheese**. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the cheese!

## Rate your recipe

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