



Tuscan Pork & Roast Veggie Spaghetti

with Garlic Pangrattato & Parmesan

Grab your Meal Kit with this symbol



Carrot



Red Onion



Capsicum



Garlic



Parsley



Panko Breadcrumbs



Spaghetti



Pork Mince



Tomato Paste



Italian Herbs



Chopped Tomatoes



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 30-40 mins
Ready in: 40-50 mins

'Pangrattato' is Italian for breadcrumb and it provides a delicious, traditional crunch when sprinkled over pasta. In this dish, we've teamed the traditional tomato sauce with seasoned pork mince and roasted veggies for a meal that looks every bit as good as it tastes.

Pantry items

Olive Oil, Butter, Sugar

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
red onion	1 (medium)	1 (large)
capsicum	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
spaghetti	1 packet	2 packets
pork mince	1 packet	1 packet
tomato paste	1 packet	2 packets
Italian herbs	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
salt*	¼ tsp	½ tsp
butter*	10g	20g
sugar*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (855Cal)	494kJ (118Cal)
Protein (g)	52.0g	7.2g
Fat, total (g)	19.5g	2.7g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	112g	15.4g
- sugars (g)	24.9g	3.5g
Sodium (mg)	1200mg	165mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **carrot** (unpeeled) into half-moons. Slice the **red onion** into 1cm wedges. Thinly slice the **capsicum**. Place the **carrot, onion** and **capsicum** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Make the garlic pangrattato

While the veggies are roasting, bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Roughly chop the **parsley** leaves. In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients) and cook, stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl, then add the **parsley** and season with **salt** and **pepper**. Set aside.



Cook the spaghetti

Cook the **spaghetti** 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 the **pasta** and return to the pan. Drizzle with **olive oil** to prevent sticking and set aside.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Cook the mince

While the spaghetti is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until browned, **4-5 minutes**. Add the **tomato paste, Italian herbs** and remaining **garlic** and cook, stirring, until fragrant, **1 minute**.



Bring it all together

Add the **chopped tomatoes** and some **reserved pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people) to the **pork mince**. Add the **salt** and season with **pepper**. Reduce the heat to medium and simmer until the sauce has thickened slightly, **3-5 minutes**. Stir through the **butter** and **sugar**. Remove from the heat, then stir through the roasted **veggies, baby spinach leaves** and cooked **spaghetti**.



Serve up

Divide the Tuscan pork and roast veggie spaghetti between bowls. Sprinkle with **grated Parmesan cheese** and top with the garlic pangrattato.

TIP: Store any excess pangrattato in an airtight container. It's great sprinkled over eggs the next day!

Enjoy!