



Beef, Pork & Cherry Tomato Bolognese

with Penne, Parmesan & Pear Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Penne



Onion



Garlic



Aussie Spice Blend



Beef-Style Stock Powder



Tinned Cherry Tomatoes



Pear



Rocket Leaves



Beef & Pork Mince



Grated Parmesan Cheese



Diced Bacon

Keep an eye out...
Due to recent sourcing challenges, we've replaced leek with onion, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Packed with the rich flavours of a classic Italian tomato sauce, you'll find it hard to believe this beef bolognese didn't involve hours of cooking. Plus, with veggies hidden in the sauce, it creates a beautifully textured and mouth-watering meal everyone will love.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

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
penne	1 packet	1 packet
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
beef & pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
tinned cherry tomatoes	1 tin	2 tins
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
pear	½	1
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3551kJ (849Cal)	641kJ (153Cal)
Protein (g)	47.3g	8.5g
Fat, total (g)	33.9g	6.1g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	81.6g	14.7g
- sugars (g)	17.7g	3.2g
Sodium (mg)	1289mg	233mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4136kJ (989Cal)	684kJ (163Cal)
Protein (g)	55.2g	9.1g
Fat, total (g)	46.1g	7.6g
- saturated (g)	20.8g	3.4g
Carbohydrate (g)	81.7g	13.5g
- sugars (g)	17.7g	2.9g
Sodium (mg)	1688mg	279mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW49



Cook the penne

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat. Cook **penne** in boiling water until 'al dente', **12 minutes**.
- Drain **penne** and return to saucepan with a drizzle of **olive oil**.

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

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



Finish the bolognese

- Add **beef-style stock powder**, **tinned cherry tomatoes** and a splash of **water**. Cook, stirring, until slightly reduced, **2-3 minutes**.
- Remove from heat, then add the **butter** and **brown sugar** and stir to combine. Season with **salt** and **pepper**, then add cooked **penne** and gently toss to combine. Set aside.
- Meanwhile, thinly slice **pear** (see ingredients).
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **rocket leaves** and **pear**, then toss to coat.

TIP: Add a dash more water if the sauce looks dry.

Little cooks: Take the lead by tossing the salad!



Start the bolognese

- Meanwhile, thinly slice **onion**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **beef & pork mince** and cook, breaking up with a spoon, until just browned, **3-5 minutes**.
- Add **garlic** and **Aussie spice blend** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your meal, cook the bacon with the mince.



Serve up

- Divide beef, pork and cherry tomato bolognese with penne between bowls.
- Sprinkle with **grated Parmesan cheese**. Serve with pear salad. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate