



Creamy Mustard Pork Fusilli

with Parsley

NEW

KID FRIENDLY



Prep in: 20-30 mins
Ready in: 25-35 mins

These little spirals are the perfect shape to capture all the porky goodness of this punchy pasta sauce. The bold flavours of dijon mustard are mellowed out with cream and complimented by pork mince to create a perfectly balanced dish. A sprinkle of parsley on top adds a dash of freshness!

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

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Fusilli



Garlic



Pork Mince



Soffritto Mix



Aussie Spice Blend



Cream



Dijon Mustard



Chicken-Style Stock Powder



Baby Leaves



Parsley



Chilli Flakes (Optional)



Pork Mince

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fusilli	1 small packet	2 small packets
garlic	2 cloves	4 cloves
pork mince	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
cream	½ packet	1 packet
dijon mustard	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4290kJ (1025Cal)	942kJ (225Cal)
Protein (g)	39.9g	8.8g
Fat, total (g)	61.1g	13.4g
- saturated (g)	35.3g	7.8g
Carbohydrate (g)	75.9g	16.7g
- sugars (g)	12.5g	2.7g
Sodium (mg)	1332mg	292mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5195kJ (1242Cal)	895kJ (214Cal)
Protein (g)	64.3g	11.1g
Fat, total (g)	74.4g	12.8g
- saturated (g)	40.3g	6.9g
Carbohydrate (g)	75.9g	13.1g
- sugars (g)	12.5g	2.2g
Sodium (mg)	1404mg	242mg

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



Cook the fusilli

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook fusilli in boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to saucepan.

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



Finish the sauce

- Add **garlic** and **Aussie spice blend** and cook, until fragrant, **1 minute**.
- Reduce heat to medium, then add **cream (see ingredients)**, **dijon mustard**, **chicken-style stock powder** and the reserved **pasta water**. Simmer, until slightly reduced, **2-3 minutes**.



Start the sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork mince** and **soffritto mix**, breaking up with a spoon, until just browned, **7-8 minutes**.

Custom Recipe: If you've doubled your pork mince, cook in batches if your pan is getting crowded.



Serve up

- Remove pan from heat, add **baby leaves** and cooked fusilli and stir, until wilted. Season with pepper.
- Divide creamy mustard pork fusilli between bowls. Tear over **parsley**. Garnish adult portions with **chilli flakes** (if using). Enjoy!

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