



Pork & Roasted Veggie Fettuccine

with Parmesan & Basil

Grab your Meal Kit with this symbol



Garlic



Capsicum



Carrot



Fettuccine



Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Chopped Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Basil



Grated Parmesan Cheese



Beef Mince

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 roasted veggies for a meal that looks every bit as good as it tastes. First dibs gets an extra sprinkling of Parmesan!



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

Pantry items

Olive Oil, Brown Sugar, 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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
capsicum	1	2
carrot	1	2
fettuccine	1 packet	2 packets
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
basil	1 bunch	1 bunch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3728kJ (891Cal)	522kJ (124Cal)
Protein (g)	48g	6.7g
Fat, total (g)	29g	4.1g
- saturated (g)	13.6g	1.9g
Carbohydrate (g)	104.9g	14.7g
- sugars (g)	27.5g	3.9g
Sodium (mg)	2280mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3438kJ (821Cal)	481kJ (114Cal)
Protein (g)	50.1g	7g
Fat, total (g)	20.3g	2.8g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	104.9g	14.7g
- sugars (g)	27.5g	3.9g
Sodium (mg)	2277mg	319mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW17



Roast the veggies

Bring a large saucepan of salted water to the boil. Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. Cut the **capsicum** into bite-sized chunks. Cut the **carrot** into small chunks. Place the **capsicum** and **carrot** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



Cook the sauce

Add the **tomato paste** to the **pork** and stir to coat. Add the **chopped tomatoes**, **brown sugar** and **beef-style stock powder** and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **5 minutes**. Add the **salt** and season with **pepper**. Add the **baby spinach leaves** and **butter** and stir through until the spinach has wilted, **1 minute**. Remove from the heat.

TIP: Simmer the sauce for an extra 10 minutes if you have time!



Cook the fettuccine

While the veggies are cooking, cook the **fettuccine** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain the **pasta** and return to the saucepan. Drizzle with a little **olive oil** to prevent the pasta from sticking together.

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



Finish the sauce

Carefully stir the roasted **veggies** through the sauce. Add the cooked **fettuccine** and toss to coat.


TIP: You can serve the sauce on top of the fettuccine if you prefer!

TIP: If the pasta sauce is a little thick, add a dash of the reserved pasta water.



Cook the pork

While the fettuccine is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook 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**.

**CUSTOM RECIPE**

Heat the pan as above. Cook the beef mince, breaking it up with a spoon, until browned, 2-3 minutes. Continue with step.



Serve up

Pick and thinly slice the **basil** leaves. Divide the pork and roasted veggie fettuccine between bowls. Garnish with the **grated Parmesan cheese** and basil.

Enjoy!