



Easy Pork & Carrot Linguine

with Parmesan Cheese & Balsamic-Apple Salad

Grab your Meal Kit with this symbol



Linguine



Carrot



Mushroom Powder



Cream



Apple



Salad Leaves



Pork Mince



Grated Parmesan Cheese



Beef Mince

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **10-20 mins**
Ready in: **15-25 mins**

You can add just about anything to a pasta, but sometimes simple and tasty is the way to go. We recommend cooking up a homey combination of pork cooked in a creamy sauce with hints of earthen flavours from the carrot. Sprinkle some Parmesan cheese and there you have it, a pasta that's so simple you can cook it whenever you want!

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

Pantry items

Olive Oil, 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
linguine	1 packet	1 packet
carrot	1	2
pork mince	1 packet	1 packet
mushroom powder	1 packet	2 packets
cream	½ bottle (125g)	1 bottle (250g)
apple	1	2
salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3631kJ (867Cal)	744kJ (177Cal)
Protein (g)	45g	9.2g
Fat, total (g)	41.5g	8.5g
- saturated (g)	22.9g	4.7g
Carbohydrate (g)	73.8g	15.1g
- sugars (g)	12.2g	2.5g
Sodium (mg)	211mg	43mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3977kJ (950Cal)	815kJ (194Cal)
Protein (g)	49.3g	10.1g
Fat, total (g)	46.3g	9.5g
- saturated (g)	26.4g	5.4g
Carbohydrate (g)	73.8g	15.1g
- sugars (g)	12.2g	2.5g
Sodium (mg)	187mg	38mg

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 | CW31



1



Cook the linguine

- Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **linguine**, uncovered, over high heat until 'al dente', **9 minutes**. Drain, then return **pasta** to the pan.

3



Bring it all together

- Reduce heat to medium-high, then add **mushroom powder**, **cream** (see ingredients) and a splash of **water**. Season with **salt** and **pepper**, then cook, stirring, until slightly reduced, **2-3 minutes**.
- Add cooked **linguine** and stir to combine. Remove from heat.
- Meanwhile, thinly slice **apple**. In a medium bowl, combine **salad leaves**, **apple** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

2



Cook the pork & carrot

- Thinly slice **carrot** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince** and **carrot**, breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe:

If you've swapped to beef mince, cook the beef in the same way as the pork.

4



Serve up

- Divide creamy pork and carrot linguine between plates. Sprinkle with **grated Parmesan cheese**.
- Serve with balsamic-apple salad. Enjoy!

Rate your recipe

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