

Herby Pork & Roast Veggie Trottolo

with Capsicum & Garlic Pangrattato

Grab your Meal Kit with this symbol



Capsicum



Leek



Onion



Garlic



Garlic & Herb Seasoning



Trottolo



Panko Breadcrumbs



Pork Mince



Aussie Spice Blend



Tomato Sugo






Salad Leaves



Chilli Flakes (Optional)

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: **20-30 mins**
-  Ready in: **25-35 mins**
-  Spicy (optional chilli flakes)

We know what you're thinking, this looks too good to be true. Well, you're tastebuds aren't deceiving you, the garlicky pangrattato tossed through the trottolo, combining with a mixture of roast veggies and herb seasoning tastes as fantastic as it looks.

Pantry items

Olive Oil, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
leek	1	2
onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 sachet	1 sachet
trottole	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
tomato sugo	1 packet (200g)	1 packet (400g)
butter*	30g	60g
salad leaves	1 small bag	1 medium bag
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3594kJ (859Cal)	594kJ (142Cal)
Protein (g)	44.9g	7.4g
Fat, total (g)	28.7g	4.7g
- saturated (g)	13.8g	2.3g
Carbohydrate (g)	101.5g	16.8g
- sugars (g)	20.7g	3.4g
Sodium (mg)	1386mg	229mg

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](https://www.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](https://www.hellofresh.co.nz/contact)

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to boil.
- Cut **capsicum** into bite-sized chunks. Thickly slice **leek**. Slice **onion** into wedges. Finely chop **garlic**.
- Place **capsicum**, **leek** and **onion** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat. Spread out evenly, then roast until tender, **15-20 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the sauce

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.
- Reduce heat to medium, then add **Aussie spice blend** and remaining **garlic** and cook until fragrant, **1 minute**. Add **tomato sugo**, the **butter** and reserved **pasta water** and cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat, then stir through **trottole**, **roasted veggies** and **salad leaves**. Season to taste.

2



Cook the trottolo

- While the veggies are roasting, cook **trottole** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain and return to the pan.
- Meanwhile, heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3-4 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer **pangrattato** to a bowl, season to taste and set aside.

4



Serve up

- Divide herby pork and roast veggie trottolo between bowls.
- Top with garlic pangrattato. Sprinkle with a pinch of **chilli flakes** (if using).

Enjoy!