

Quick Pork & Leek Fusilli

with Tomato Sauce & Garlic-Parmesan Pangrattato

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Broccoli



Leek



Fusilli



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Mince



Tomato Paste



Italian Herbs



Tomato Sugo



Beef-Style Stock Powder



Chilli Flakes (Optional)



Beef Mince

Hands-on: **20-30 mins**
Ready in: **20-30 mins**

Spicy (optional chilli flakes)

In this dish, we've teamed a rich tomato-based sauce with leek and tender pork mince for a speedy weeknight meal that looks and smells every bit as good as it tastes.

Pantry items

Olive Oil, Butter, Brown Sugar

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
baby broccoli	1 bag	1 bag
leek	1	2
fusilli	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
pork mince	1 packet	1 packet
tomato paste	1 packet	2 packets
Italian herbs	1 sachet	1 sachet
tomato sugo	1 packet	1 packet
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
chilli flakes (optional)	pinch	pinch
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	666kJ (159Cal)
Protein (g)	47.6g	7.9g
Fat, total (g)	37.8g	6.3g
- saturated (g)	17.1g	2.8g
Carbohydrate (g)	103g	17.1g
- sugars (g)	16.5g	2.7g
Sodium (mg)	1396mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4102kJ (980Cal)	696kJ (166Cal)
Protein (g)	52.8g	9g
Fat, total (g)	36g	6.1g
- saturated (g)	18.3g	3.1g
Carbohydrate (g)	100.1g	17g
- sugars (g)	19.2g	3.3g
Sodium (mg)	1192mg	202mg

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

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1



Get prepped & cook the fusilli

- Bring a large saucepan of salted water to the boil. Finely chop **garlic**. Grate **carrot**. Trim **baby broccoli** and cut into thirds. Thinly slice white and light green parts of **leek**.
- Cook **fusilli** in boiling water until 'al dente', **11 minutes**.
- Reserve some **pasta water** (1 cup for 2 people / 2 cups for 4 people), then drain and return **fusilli** to saucepan. Cover to keep warm.

3



Cook the pork & bring it all together

- Return the frying pan to a high heat with a drizzle of **olive oil**. Cook **pork mince, carrot, baby broccoli** and **leek**, breaking mince up with a spoon, until just browned, **4-5 minutes**.
- Reduce the heat to medium, then add **tomato paste, Italian herbs** and remaining **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add **tomato sugo, the butter, brown sugar, beef-style stock powder** and reserved **pasta water**, then bring to a simmer. Cook until thickened slightly, **2-3 minutes**.
- Add cooked **fusilli** and toss to combine. Season to taste.

CUSTOM RECIPE

If you've swapped your pork mince for beef mince, cook the beef in the same way as above!

2



Make the pangrattato

- Meanwhile, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer **pangrattato** to a medium bowl and allow to cool slightly.
- When cooled, stir through **grated Parmesan cheese**. Season with **pepper** and set aside.

4



Serve up

- Divide pork and leek fusilli with tomato sauce between bowls.
- Top with garlic-Parmesan pangrattato.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve.

Enjoy!