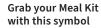
Quick Pork & Leek Fusilli with Tomato Sauce & Garlic-Parmesan Pangrattato











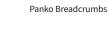








Fusilli



Grated Parmesan Cheese





Tomato Paste



Italian Herbs



Tomato Sugo



Beef-Style Stock Powder



Chilli Flakes (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

| ingi caicites | | | | |
|-----------------------------|-----------------|-----------------|--|--|
| | 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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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.



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!



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.



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!