



# Pork & Red Wine Jus Wholemeal Fusilli

with Veggies & Grated Parmesan Cheese

Grab your Meal Kit with this symbol



Garlic



Onion



Carrot



Wholemeal Fusilli



Herb & Mushroom Seasoning



Tomato Paste



Baby Spinach Leaves



Grated Parmesan Cheese



Pork Mince



Red Wine Jus



Beef Mince

**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!

Prep in: **20-30** mins  
Ready in: **25-35** mins

Dietitian Approved

Twirly fusilli pasta, dare we say it, is the best kind of pasta (don't let the spaghetti know!). The rich tomato and red wine jus based sauce seeps into each spiral and goes perfectly with a mouth-full of veggies and succulent pork.

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

**Pantry items**

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	1 (medium)	1 (large)
carrot	1	2
wholemeal fusilli	1 packet	2 packets
pork mince	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
red wine jus	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
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)	3146kJ (752Cal)	648kJ (155Cal)
Protein (g)	47.2g	9.7g
Fat, total (g)	26g	5.4g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	76.2g	15.7g
- sugars (g)	12.5g	2.6g
Sodium (mg)	994mg	205mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3493kJ (834Cal)	719kJ (171Cal)
Protein (g)	51.6g	10.6g
Fat, total (g)	30.7g	6.3g
- saturated (g)	12.6g	2.6g
Carbohydrate (g)	76.2g	15.7g
- sugars (g)	12.5g	2.6g
Sodium (mg)	971mg	200mg

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://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 | CW28



1



## Cook the fusilli

- Boil the kettle.
- Finely chop **garlic**. Thinly slice **onion**. Grate the **carrot**.
- Half-fill a large saucepan with boiling water. Cook **wholemeal fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain, then return pasta to the pan.

3



## Bring it all together

- Reduce heat to medium, then add **red wine jus** and **reserved pasta water** and simmer until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then add cooked **fusilli**, the **baby spinach leaves** and a drizzle of **olive oil**.
- Stir to combine. Season to taste.

**TIP:** Add a splash more pasta water if the sauce mixture looks too thick.

2



## Cook the pork & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **onion** and **carrot** and cook until just tender, **2-3 minutes**.
- Add **herb & mushroom seasoning**, **tomato paste** and **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as above.

4



## Serve up

- Divide pork and red wine jus wholemeal fusilli between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)