



# Garlic-Herb Pork & Veggie Penne

with Parmesan

Grab your Meal Kit with this symbol



Leek



Penne



Garlic & Herb Seasoning



Tomato Paste



Seasoning Blend



Baby Spinach Leaves



Pork Mince



Tomato Sugo



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: 30-40 mins  
Ready in: 35-45 mins

In this dish, we've teamed the Italian inspired tomato sauce with seasoned pork mince and colourful veggies for a meal that looks every bit as good as it tastes.

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

### Pantry items

Olive Oil, Brown Sugar, 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
penne	1 packet	1 packet
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
tomato sugo	1 packet (200g)	1 packet (400g)
seasoning blend	½ sachet	1 sachet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large 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)	3329kJ (796Cal)	715kJ (171Cal)
Protein (g)	45.1g	9.7g
Fat, total (g)	28.1g	6g
- saturated (g)	13.7g	2.9g
Carbohydrate (g)	85.7g	18.4g
- sugars (g)	17.5g	3.8g
Sodium (mg)	1793mg	385mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879Cal)	790kJ (189Cal)
Protein (g)	49.4g	10.6g
Fat, total (g)	32.9g	7.1g
- saturated (g)	17.2g	3.7g
Carbohydrate (g)	85.7g	18.4g
- sugars (g)	17.5g	3.8g
Sodium (mg)	1769mg	380mg

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.



## Get prepped

- Bring a large saucepan of salted water to the boil.
- Thinly slice **leek**.



## Cook the pasta

- Cook **penne** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **penne** to the saucepan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.

**Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



## Cook the pork

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

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



## Start the sauce

- Add **tomato sugo**, **seasoning blend** (see ingredients), the **brown sugar** and reserved **pasta water** and stir to combine.
- Reduce heat to medium, then simmer until slightly thickened, **2-3 minutes**.



## Finish the sauce

- Add cooked **penne**, the **butter** and **baby spinach leaves** and stir to combine. Remove from heat, then season with **pepper**.

**TIP:** Add a dash more water if the sauce is too thick.



## Serve up

- Divide garlic-herb pork and veggie penne between bowls.
- Garnish with **grated Parmesan cheese** to serve. Enjoy!

**Little cooks:** Kids can add the finishing touch by sprinkling the cheese on top.

## We're here to help!

Scan here if you have any questions or concerns

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## Rate your recipe

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