



Pork & Roasted Veggie Trottole

with Parmesan & Parsley

Grab your Meal Kit with this symbol



Garlic



Carrot



Capsicum



Trottole



Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Chopped Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Parsley



Grated Parmesan Cheese



Beef Mince

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

In this dish, we've teamed the traditional Italian tomato sauce with seasoned pork mince and roasted 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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
capsicum	1	2
trottole	1 packet	1 packet
pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
chopped tomatoes	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
parsley	1 bag	1 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)	3368kJ (804Cal)	548kJ (130Cal)
Protein (g)	45.8g	7.5g
Fat, total (g)	27.9g	4.5g
- saturated (g)	13.5g	2.2g
Carbohydrate (g)	88.5g	14.4g
- sugars (g)	18.1g	2.9g
Sodium (mg)	1667mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (831Cal)	566kJ (135Cal)
Protein (g)	49.2g	8g
Fat, total (g)	26.4g	4.3g
- saturated (g)	14.7g	2.4g
Carbohydrate (g)	88.5g	14.4g
- sugars (g)	18.1g	2.9g
Sodium (mg)	1650mg	269mg

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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Roast the veggies

Bring a large saucepan of salted water to the boil. Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. Cut the **carrot** into bite-sized chunks. Slice the **capsicum** into strips. Place the **carrot** and **capsicum** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the sauce

Add the **tomato paste** to the **pork** and stir to coat. Add the **chopped tomatoes**, **brown sugar** and **beef-style stock powder** and stir to combine. Reduce the heat to medium, then simmer until slightly thickened, **5 minutes**. Add the **salt** and season with **pepper**. Add the **baby spinach leaves** and **butter**, then stir through until the spinach has wilted, **1 minute**. Remove from the heat.

TIP: If you have time, simmer the sauce for an extra 10 minutes!



Cook the trottole

While the veggies are roasting, cook the **trottole** in the boiling water until 'al dente', **13 minutes**. Reserve some **pasta water**, then drain the **pasta** and return to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

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



Finish the sauce

Gently stir the **roasted veggies** and cooked **trottole** through the sauce.

TIP: You can serve the sauce on top of the trottole if you prefer!

TIP: Add a dash of reserved pasta water if the sauce is too thick.



Cook the pork

While the trottole is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until browned, **2-3 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook until fragrant, **1-2 minutes**.

CUSTOM RECIPE

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



Serve up

Roughly chop the **parsley** leaves. Divide the pork and roasted veggie trottole between bowls. Sprinkle with the **grated Parmesan cheese** and parsley to serve.

Enjoy!