



Quick Pork & Leek Fusilli

with Tomato Sauce & Garlic-Parmesan Pangrattato

Grab your Meal Kit with this symbol



Carrot



Baby Broccoli



Leek



Fusilli



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Mince



Tomato Paste



Herb & Mushroom Seasoning



Garlic Paste



Tomato Sugo



Beef-Style Stock Powder



Chilli Flakes (Optional)

- 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
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
herb & mushroom seasoning	1 sachet	2 sachets
garlic paste	1 packet	1 packet
tomato sugo	1 box (200g)	1 box (400g)
butter*	30g	60g
brown sugar*	1 tsp	2 tsp
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4066kJ (972Cal)	674kJ (161Cal)
Protein (g)	50.2g	8.3g
Fat, total (g)	37.6g	6.2g
- saturated (g)	17.1g	2.8g
Carbohydrate (g)	104.6g	17.3g
- sugars (g)	20.3g	3.4g
Sodium (mg)	1900mg	315mg

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

- Bring a large saucepan of **salted water** to the boil. 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**.
- In the last **2 minutes** of cooking, add **baby broccoli** to the saucepan and cook until tender.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain and return **fusilli** and **baby broccoli** to the saucepan. Cover to keep warm.

3



Cook the pork & bring it all together

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork mince**, **carrot** and **leek**, breaking mince up with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium, then add **tomato paste**, **herb & mushroom seasoning** and **garlic paste**. 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 sauce is slightly reduced, **2-3 minutes**.
- Add cooked **fusilli** and **baby broccoli** and toss to combine. Season to taste.

2



Make the pangrattato

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3-4 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!