



Pork & Roasted Veggie Fettuccine

with Parmesan & Basil

Grab your Meal Kit
with this symbol



Garlic



Capsicum



Carrot



Fettuccine



Pork Mince



Italian Herbs



Tomato Paste



Chopped Tomatoes



Beef-Style
Stock Powder



Baby Spinach
Leaves



Basil



Grated Parmesan
Cheese



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. First dibs gets an extra sprinkling of Parmesan!

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
capsicum	1	2
carrot	1	2
fettuccine	1 packet	2 packets
pork mince	1 packet	1 packet
Italian herbs	½ 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	1 sachet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g
basil	1 bunch	1 bunch
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

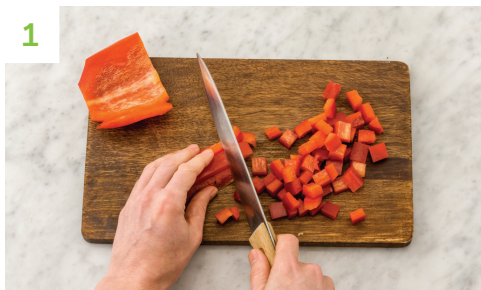
	Per Serving	Per 100g
Energy (kJ)	2617kJ (625Cal)	371kJ (88Cal)
Protein (g)	21.2g	3g
Fat, total (g)	15.5g	2.2g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	96.9g	13.7g
- sugars (g)	21.6g	3.1g
Sodium (mg)	1817mg	257mg

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.

1



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 **capsicum** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm chunks. Place the **capsicum** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.

2



Cook the fettuccine

While the veggies are roasting, cook the **fettuccine** in the boiling water until 'al dente', **10 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.

3



Cook the pork

While the fettuccine 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 **Italian herbs** (see ingredients) and cook until fragrant, **1-2 minutes**.

4



Cook the sauce

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

TIP: Simmer the sauce for an extra **10 minutes** if you have time!

5



Bring it all together

Carefully stir the roasted **veggies** through the **sauce**. Add the cooked **fettuccine** and toss to coat.

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

TIP: If the pasta sauce is a little thick, add a dash of the reserved pasta water.

6



Serve up

Pick and thinly slice the **basil** leaves. Divide the pork and roasted veggie fettuccine between bowls. Garnish with the **grated Parmesan cheese** and basil.

Enjoy!