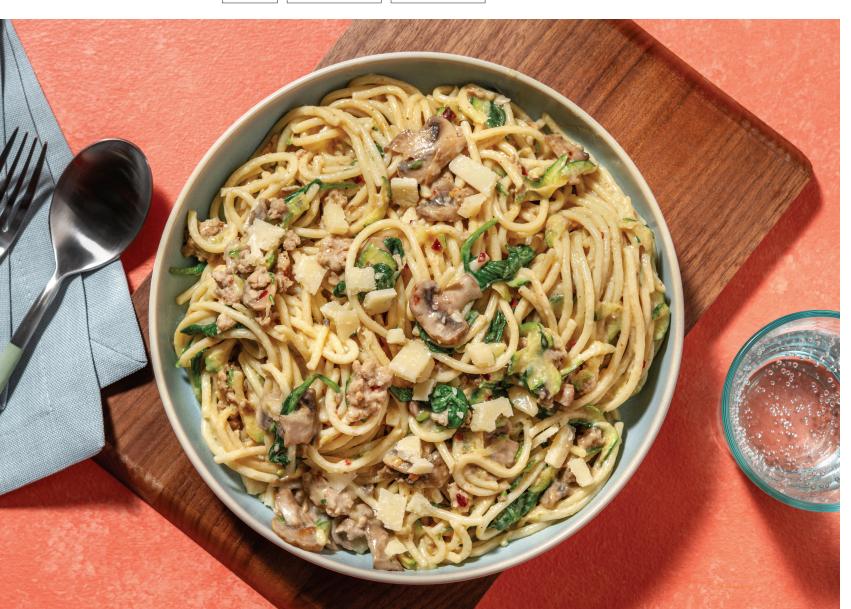


Easy Creamy Pork & Mushroom Spaghetti with Baby Spinach & Parmesan Cheese

NEW

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Spaghetti





Zucchini

Sliced Mushrooms





Thickened Cream



Chicken-Style Stock

Powder

Nan's Special Seasoning





Chilli Flakes



Parmesan Cheese

(Optional)



Prep in: 10-20 mins Ready in: 15-25 mins



Eat Me Early

Check out how much good stuff is about to go into this dish. Between the tender mushrooms, creamy pork and sharp Parmesan, we really don't know why you're still reading this. Get started and enjoy every bite of this perfect pasta!

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 medium packet	1 large packet
zucchini	1	2
sliced mushrooms	1 medium packet	1 large packet
pork mince	1 small packet	2 small packets OR 1 large packet
thickened cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
Nan's special seasoning	1 large sachet	2 large sachets
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
chilli flakes / (optional)	pinch	pinch
Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3777kJ (903Cal)	707kJ (169Cal)
Protein (g)	46.3g	8.7g
Fat, total (g)	44.8g	8.4g
- saturated (g)	23.7g	4.4g
Carbohydrate (g)	74.9g	14g
- sugars (g)	9.4g	1.8g
Sodium (mg)	1601mg	300mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3804kJ (909Cal)	712kJ (170Cal)
Protein (g)	49.8g	9.3g
Fat, total (g)	43.9g	8.2g
- saturated (g)	24.1g	4.5g
Carbohydrate (g)	74.9g	14g
- sugars (g)	9.4g	1.8g
Sodium (mg)	1602mg	300mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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







Cook the spaghetti

- Boil the kettle. Fill a medium saucepan with boiling water over high heat and add a pinch of **salt**.
- Cook spaghetti in boiling water over high heat, uncovered, until 'al dente',
 10 minutes.
- Reserve some **pasta water** (½ cup for 2 people / ½ cup for 4 people), then drain and return **spaghetti** to the saucepan.

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



Cook the sauce

- Heat a large frying pan over high heat with a drizzle of olive oil. Cook sliced mushrooms and pork mince, breaking up mince with a spoon, until browned, 5-6 minutes. Add zucchini and cook for a further 2-3 minutes.
- Reduce heat to medium, then add thickened cream, chicken-style stock powder, Nan's special seasoning and reserved pasta water and cook until bubbling, 1 minute.
- Add baby spinach leaves, the butter, a pinch of chilli flakes (if using) and the cooked spaghetti, toss to coat and cook until spinach is wilted,
 1-2 minutes. Season to taste.

Custom Recipe: If you've swapped to beef mince, cook beef mince the same way as the pork mince. Drain the oil from the pan, then continue with the step.



Get prepped

• Meanwhile, grate zucchini.



Serve up

- Divide creamy pork spaghetti between bowls.
- Sprinkle with **Parmesan cheese** to serve. Enjoy!

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