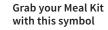


# Quick Herby Italian Pork Loaded Fries with Parmesan Cheese & Tomato Salsa

KID FRIENDLY

CLIMATE SUPERSTAR









Potato





Pork Mince

Tomato & Herb Seasoning





Tomato Paste

**Baby Spinach** 



Tomato

Parmesan Cheese





Prep in: 20-30 mins Ready in: 25-35 mins



**Pantry items** 

## 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

Oven tray lined with baking paper  $\cdot$  Large frying pan

#### Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	3	6		
soffritto mix	1 medium packet	1 large packet		
pork mince	1 small packet	2 small packets OR 1 large packet		
tomato & herb seasoning	1 sachet	2 sachets		
tomato paste	1 medium packet	1 large packet		
baby spinach leaves	1 small packet	1 medium packet		
water*	⅓ cup	⅔ cup		
brown sugar*	1 tsp	2 tsp		
butter*	20g	40g		
tomato	1	2		
vinegar* (white wine or balsamic)	drizzle	drizzle		
Parmesan cheese	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Per Serving	Per 100g
2444kJ (584Cal)	392kJ (94Cal)
38.4g	6.2g
26.1g	4.2g
13.3g	2.1g
45.6g	7.3g
15.3g	2.5g
1134mg	182mg
	2444kJ (584Cal) 38.4g 26.1g 13.3g 45.6g 15.3g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2471kJ (591Cal)	<b>396kJ</b> (95Cal)
Protein (g)	41.9g	6.7g
Fat, total (g)	25.2g	4g
- saturated (g)	13.8g	2.2g
Carbohydrate (g)	45.6g	7.3g
- sugars (g)	15.3g	2.5g
Sodium (mg)	1135mg	182mg

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





# Bake the potato fries

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Spread fries over a large microwave-safe plate. Cover with a damp paper towel. Microwave fries on high, 4 minutes.
- Drain any excess liquid, then place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.



## Make the tomato salsa

- · While pork is cooking, finely chop tomato.
- In a medium bowl, combine tomato and a drizzle of vinegar and olive oil.
   Season to taste.



# Cook the filling

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over high heat.
   Cook soffritto mix, stirring occasionally, until just tender, 2-3 minutes.
- Add pork mince and cook, breaking up with a spoon, until just browned,
   3-4 minutes.
- Reduce heat to medium then stir in tomato & herb seasoning and tomato paste, until fragrant, 1 minute.
- Stir in baby spinach leaves, the water, brown sugar and butter, until slightly thickened, 1-2 minutes.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as above. Drain oil from pan before adding the seasoning for best results.



## Serve up

- Divide fries between plates. Top with tomato and herby pork.
- · Sprinkle over Parmesan cheese.
- Top with tomato salsa to serve. Enjoy!