



Quick Herby Italian Pork Loaded Fries

with Parmesan Cheese & Tomato Salsa

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Soffritto Mix



Pork Mince



Tomato & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



Tomato



Parmesan Cheese



Beef Mince

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

Calorie Smart

Crispy and golden, these fries are the perfect foundation for all the tasty toppings that are packed onto this loaded dish. Spinach, pork mince, veggies and cheese also deserve some solid recognition for levelling up this meal!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

| | 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* | ½ cup | ¾ 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 |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2444kJ (584Cal) | 392kJ (94Cal) |
| Protein (g) | 38.4g | 6.2g |
| Fat, total (g) | 26.1g | 4.2g |
| - saturated (g) | 13.3g | 2.1g |
| Carbohydrate (g) | 45.6g | 7.3g |
| - sugars (g) | 15.3g | 2.5g |
| Sodium (mg) | 1134mg | 182mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2471kJ (591Cal) | 396kJ (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



1



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**.

3



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.

2



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.

4



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate