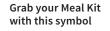


Herby Tomato Pork Loaded Fries with Parmesan Cheese & Tomato Salsa

KID FRIENDLY

CLIMATE SUPERSTAR











Pork Mince

Nan's Special Seasoning





Tomato Paste

Baby Spinach Leaves







Parmesan Cheese







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!



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

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	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 medium packet	2 medium packets OR 1 large packet		
Nan's special seasoning	1 medium sachet	1 large sachet		
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 medium packet	2 medium 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
Dietary Fibre	10.2g	1.6g

The quantities provided above are averages only.

Allergens

2024 | CW15

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.

Little cooks: Take the lead by tossing the salsa!



Cook the pork mixture

- 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 Nan's special 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.



Serve up

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

Little cooks: Help load up the fried with the pork, cheese and salsa!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

