

# Pork Ragu & Spinach-Ricotta Tortellini

with Parmesan & Walnut-Rocket Salad

**FAST & FANCY**

Grab your meal kit  
with this number

45



Spinach & Ricotta  
Tortellini



Carrot



Garlic



Snacking Tomatoes



Pork Mince



Herb & Mushroom  
Seasoning



Tomato Sugo



Worcestershire Sauce



Rocket Leaves



Walnuts



Balsamic Vinaigrette  
Dressing



Parmesan Cheese

Prep in: **15-25** mins  
Ready in: **20-30** mins

**1** Eat Me First

Delve into this scrumptious delight of a dish featuring herby pork ragu paired with pillowy tortellini stuffed with spinach and ricotta, all simmering in a mouth-watering tomatoey sauce. Our rocket salad, bursting with sweet tomatoes and crunchy walnuts, is the perfect accompaniment to cut through the pasta's richness.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
spinach & ricotta tortellini	1 packet	2 packets
carrot	1	2
garlic	2 cloves	4 cloves
snacking tomatoes	1 medium packet	2 medium packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
tomato sugo	1 packet	2 packets
Worcestershire sauce	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
rocket leaves	1 medium packet	2 medium packets
walnuts	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4488kJ (1073cal)	337kJ (80cal)
Protein (g)	50.8g	3.8g
Fat, total (g)	57.1g	4.3g
- saturated (g)	19.2g	1.4g
Carbohydrate (g)	85g	6.4g
- sugars (g)	25g	1.9g
Sodium (mg)	2387mg	179mg
Dietary Fibre (g)	8.1g	0.6g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the tortellini & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **spinach & ricotta tortellini** and cook, over high heat, until 'al dente', **3 minutes**.
- Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cups for 4 people). Drain and return to saucepan with a drizzle of **olive oil** to prevent sticking.
- Meanwhile, finely chop **carrot** and **garlic**. Halve **snacking tomatoes**.

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



## Make it saucy

- To pan with pork, stir in **tomato sugo**, **Worcestershire sauce**, the **brown sugar**, **reserved pasta water** and **butter** and simmer until slightly reduced, **1 minute**.
- Add **cooked tortellini** and gently toss to combine. Season with a pinch of **pepper**.



## Cook the pork

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **pork mince** and **carrot**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **herb & mushroom seasoning** and **garlic** and cook until fragrant, **1 minute**.



## Serve up

- In a small bowl, combine **rocket leaves**, snacking tomatoes, **walnuts** and **balsamic vinaigrette dressing**.
- Divide pork ragu and spinach-ricotta tortellini between bowls. Sprinkle with **Parmesan cheese**.
- Serve with walnut-rocket salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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