HELLO FRESH

One-Pot Pork & Tomato Penne
with Pear & Cherry Tomato Salad

HELLOHERO **KID FRIENDLY**

Pork Mince

Garlic & Herb Seasoning

Diced Tomatoes With Onion & Garlic
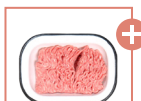
Chicken Stock Pot

Penne

Pear

Snacking Tomatoes

Mixed Salad Leaves

Parmesan Cheese

Beef Mince

Pork Mince

Recipe Update

We've replaced the orecchiette in this recipe with penne due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Prep in: 15-25 mins
Ready in: 25-35 mins

Bite-sized penne pasta combines with herby pork and diced tomatoes to create a meal that feels a little bit fancy. Add some cheese for some extra flavour and dinner is complete (until dessert, that is!).

You will need
Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
diced tomatoes with onion & garlic	1 packet	2 packets
chicken stock pot	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
boiling water*	1½ cups	3 cups
penne	1 medium packet	2 medium packets
pear	1	2
snacking tomatoes	½ packet	1 packet
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3452kJ (825cal)	279kJ (67cal)
Protein (g)	42.3g	3.4g
Fat, total (g)	28.6g	2.3g
- saturated (g)	14.3g	1.2g
Carbohydrate (g)	91.9g	7.4g
- sugars (g)	21.9g	1.8g
Sodium (mg)	3471mg	280.1mg
Dietary Fibre (g)	10.4g	0.8g

The quantities provided above are averages only.

1

Cook the pork
- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **garlic & herb seasoning** and toss to coat, **1 minute**.

2

Cook the pasta
- To the pork, add the **butter**, **diced tomatoes with onion & garlic**, **chicken stock pot**, the **brown sugar** and **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Stir through **penne**, then bring to the boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **12-14 minutes**.

TIP: *Keeping the saucepan covered helps steam to cook pasta!*
TIP: *'Al dente' pasta is cooked through but still slightly firm in the centre.*

3

Make the salad
- While pasta is cooking, slice **pear**. Halve **snacking tomatoes**.
- In a medium bowl, combine a drizzle of the **balsamic vinegar**, **olive oil** and season with **salt** and **pepper**.
- Just before serving, toss **pear**, **snacking tomatoes** and **mixed salad leaves**.

Little cooks: *Take the lead by tossing the salad!*

4

Serve up
- Remove lid from pasta and increase heat to medium-high. Simmer until thickened, **3-5 minutes**.
- Remove pasta from heat and stir through half **Parmesan cheese**. Season to taste.
- Divide pork and tomato penne between bowls. Sprinkle over remaining Parmesan cheese. Serve with pear and cherry tomato salad. Enjoy!