

# One-Pot Pork & Tomato Fusilli

with Pear & Cherry Tomato Salad

HELLOHERO

KID FRIENDLY

Grab your meal kit  
with this number

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### Recipe Update

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



Pork Mince



Garlic & Herb Seasoning



Diced Tomatoes With Onion & Garlic



Chicken Stock Pot



Fusilli



Pear



Snacking Tomatoes



Mixed Salad Leaves



Parmesan Cheese



Beef Mince



Pork Mince

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

Bite-sized fusilli 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!).

### Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar



## 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
diced tomatoes with onion & garlic	1 packet	2 packets
chicken stock pot	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>boiling water*</b>	1½ cups	3 cups
fusilli	1 packet	2 packets
pear	1	2
snacking tomatoes	½ packet	1 packet
<b>balsamic vinegar*</b>	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.

## 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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



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## Cook the pork

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

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## Make the salad

- While pasta is cooking, slice **pear**.
- Halve **snacking tomatoes** (see ingredients).
- 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!

## CUSTOM OPTIONS



### SWAP TO BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



### DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.

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 **fusilli**, then bring to the boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **11-12 minutes**.

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

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## 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 fusilli between bowls. Sprinkle over remaining Parmesan cheese. Serve with pear and cherry tomato salad. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

