

with Cherry Tomato Salad

KID FRIENDLY









Seasoning



Diced Tomatoes With Onion & Garlic

Chicken Stock



Fusilli

Apple/Pear





Snacking Tomatoes

Mixed Salad Leaves



Parmesan Cheese



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!

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

Bite-sized 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 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	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
boiling water*	1½ cups	3 cups
fusilli	1 medium packet	2 medium packets
apple/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.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for aller

Visit 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 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.



Make the salad & finish the pasta

- While pasta is cooking, slice apple/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 apple/pear,
 snacking tomatoes and mixed salad leaves.
- 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.



Cook the pasta

- To the pork, add the butter, diced tomatoes with onion & garlic, chicken stock pot (see ingredients), 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', 12-14 minutes.

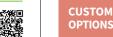
TIP: Keeping the saucepan covered helps steam to cook pasta!
TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

- Divide pasta between bowls.
- Sprinkle over remaining Parmesan cheese.
- · Serve with cherry tomato salad. Enjoy!

Little cooks: Take the lead by tossing the salad!



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

