

# One-Pot Pork & Tomato Pasta

with Cherry Tomato Salad

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

13



Pork Mince



Garlic & Herb Seasoning



Diced Tomatoes With Onion & Garlic



Chicken Stock Pot



Fusilli



Apple/Pear



Snacking Tomatoes



Mixed Salad Leaves



Parmesan Cheese



Beef Mince



Pork Mince

### 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
<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	½ packet	1 packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>boiling water*</b>	1½ cups	3 cups
fusilli	1 medium packet	2 medium packets
apple/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 | CW48



1



## 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**.

3



## 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.

**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** (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.

4



## Serve up

- Divide pasta between bowls.
- Sprinkle over remaining Parmesan cheese.
- Serve with 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.

