



Pork & Sun-Dried Tomato Pesto Spaghetti

with Pear Salad

Grab your Meal Kit with this symbol



- Carrot
- Garlic
- Pork Mince
- Spaghetti
- Tomato Paste
- Chicken Stock Pot
- Red Pesto
- Pear
- Mixed Salad Leaves
- Grated Parmesan Cheese
- Beef Mince

Hands-on: 20-30 mins
Ready in: 30-40 mins

Spag bol night just got a whole lot better! Add our vibrant red pesto to give this meal an instant flavour boost, then add a crisp pear salad to offset the rich and meaty flavours of the pork spaghetti. Bellissimo!

Unfortunately, this week's capsicum was in short supply due to harsh weather conditions, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	3 cloves	6 cloves
pork mince	1 small packet	1 medium packet
spaghetti	1 packet	2 packets
tomato paste	2 packets	4 packets
water*	¾ cup	1 ½ cups
chicken stock pot	1 packet (20g)	1 packet (40g)
red pesto	1 packet (100g)	2 packets (200g)
pear	½	1
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4261kJ (1018Cal)	842kJ (201Cal)
Protein (g)	46.9g	9.3g
Fat, total (g)	48.5g	9.6g
- saturated (g)	11.2g	2.2g
Carbohydrate (g)	92.6g	18.3g
- sugars (g)	20.3g	18.3g
Sodium (mg)	1291mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4268kJ (1020Cal)	843kJ (201Cal)
Protein (g)	50.5g	10g
Fat, total (g)	47g	9.3g
- saturated (g)	11.3g	2.2g
Carbohydrate (g)	92.6g	18.3g
- sugars (g)	20.3g	18.3g
Sodium (mg)	1296mg	256mg

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 allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Bring a medium saucepan of salted water to the boil. Grate the **carrot**. Finely chop the **garlic**.



Cook the carrot & pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot**, stirring, until tender, **2-3 minutes**. Increase the heat to high, then add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**.

CUSTOM RECIPE

If you've swapped to beef mince, cook it the same way as the pork mince.



Cook the spaghetti

Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Drain and return to the pan.

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



Make the pasta sauce

While the spaghetti is cooking, reduce the frying pan to a medium heat. Cook the **garlic** and **tomato paste**, stirring, until fragrant, **2 minutes**. Add the **water** and **chicken stock pot**. Simmer until thickened slightly, **3-4 minutes**. Remove the pan from the heat and stir through the **red pesto**. Add the drained **spaghetti** to the pan, tossing to coat. Season with **salt** and **pepper**.



Make the salad

While the sauce is cooking, thinly slice the **pear** (see ingredients). In a medium bowl, combine a drizzle of **olive oil** and a drizzle of **balsamic vinegar**. Season, then add the **mixed salad leaves** and **pear**. Toss to combine.



Serve up

Divide the pork and sun-dried tomato pesto spaghetti between plates. Sprinkle with the **grated Parmesan cheese**. Serve with the pear salad.

Enjoy!

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