



One-Pot Pork & Tomato Orecchiette

with Pear & Cucumber Salad

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Pork Mince



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Chilli Flakes (Optional)



Chicken-Style Stock Powder



Orecchiette



Cucumber



Pear



Mixed Salad Leaves



Shaved Parmesan Cheese



Parsley



Beef Mince

Prep in: 15-25 mins
Ready in: 30-40 mins

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

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

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

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 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
diced tomatoes with garlic & onion	1 box	2 boxes
chilli flakes (optional)	pinch	pinch
chicken-style stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
boiling water*	1 ½ cups	3 cups
orecchiette	1 medium packet	1 large packet
cucumber	1	2
pear	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
parsley	1 bag	1 bag
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	578kJ (138Cal)
Protein (g)	43.4g	7.2g
Fat, total (g)	28.8g	4.8g
- saturated (g)	13.9g	2.3g
Carbohydrate (g)	93.4g	15.6g
- sugars (g)	24.3g	4.1g
Sodium (mg)	2400mg	401mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	583kJ (139Cal)
Protein (g)	46.8g	7.8g
Fat, total (g)	27.9g	4.7g
- saturated (g)	14.4g	2.4g
Carbohydrate (g)	93.4g	15.6g
- sugars (g)	24.3g	4.1g
Sodium (mg)	2402mg	401mg

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://www.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



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**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as the pork. Drain oil from pan before adding the butter and diced tomatoes.

3



Make the salad

- While the pasta is cooking, slice **cucumber** into rounds. Slice **pear**.
- In a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil** and season with **salt** and **pepper**.
- Just before serving, add **cucumber**, **pear** and **mixed salad leaves** to bowl and toss.

Little cooks: Take the lead by tossing the salad!

2



Cook the pasta

- To the pork, add the **butter**, **diced tomatoes with garlic & onion**, a pinch of **chilli flakes** (if using), **chicken-style stock powder**, the **brown sugar** and the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Stir through **orecchiette**, then bring to the boil.
- Reduce heat to medium and cover with a lid. Cook, stirring occasionally, until the pasta is 'al dente', **9-10 minutes**.

TIP: Keeping the saucepan covered helps steam to cook the pasta!

4



Finish pasta & 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 the **shaved Parmesan cheese**. Season to taste.
- Divide pasta between bowls. Sprinkle over remaining Parmesan cheese. Tear over **parsley**. Serve with salad. Enjoy!

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