



Cheat's Italian Pork & Veggie Bolognese

with Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Garlic



Pine Nuts



Pork Mince



Dried Oregano



Penne



Diced Tomatoes with Garlic & Olive Oil



Beef Stock



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 25-35 mins
Ready in: 35-45 mins

Packed with the rich flavours of a classic Italian sauce, you'll find it hard to believe this bolognese didn't involve hours of cooking. Silky baby spinach and zucchini melt into the sauce, creating a mouth-watering meal everyone will love.

Pantry items

Olive Oil, Brown Sugar, Butter

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
brown onion	½	1
carrot	1	2
garlic	3 cloves	6 cloves
pine nuts	1 packet	2 packets
pork mince	1 small packet	1 medium packet
dried oregano	½ sachet	1 sachet
penne	1 packet	2 packets
diced tomatoes with garlic & olive oil	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
grated Parmesan cheese	2 packets (60g)	4 packets (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3972kJ (949Cal)	617kJ (147Cal)
Protein (g)	51.5g	8g
Fat, total (g)	39.9g	6.2g
- saturated (g)	17.6g	2.7g
Carbohydrate (g)	89.3g	13.9g
- sugars (g)	19g	3g
Sodium (mg)	1257mg	195mg

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.



Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **brown onion** (see ingredients). Grate the **carrot** (unpeeled). Finely chop the **garlic**. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



Make the sauce

Add the **diced tomatoes** and **brown sugar** to the **pork mince**. Crumble in the **beef stock** (1 cube for 2 people / 2 cubes for 4 people) and mix well. Simmer until slightly thickened, **5 minutes**. Season with **pepper** and add the **baby spinach leaves**. Cook, stirring, until wilted, **1 minute**. Add the **butter** and 1/2 the **grated Parmesan cheese** and stir until melted, **1 minute**.

TIP: Simmer for an extra 10 minutes if you have time!



Cook the pork mince

Return the frying pan to a high heat with a good drizzle of **olive oil**. Add the **onion** and **pork mince** and cook, breaking up with a spoon, until softened, **3-4 minutes**. Reduce the heat to medium-high. Add another drizzle of **olive oil** to the pan, along with the **garlic** and **dried oregano** (see ingredients) and cook until fragrant, **1-2 minutes**. Add the **carrot** and cook, stirring, until softened, **3 minutes**.



Bring it all together

When the bolognese is finished cooking, add the cooked **penne** to the pan and toss until well coated. Add a splash of reserved **pasta water** if the sauce looks too thick. Season to taste.

TIP: Toss the pasta and sauce in the large saucepan if your frying pan isn't big enough.



Cook the penne

While the pork mince is cooking, cook the **penne** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain, and return to the saucepan with drizzle with **olive oil** to prevent the penne sticking together.

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



Serve up

Divide the cheat's Italian pork and veggie bolognese between bowls and sprinkle with the toasted pine nuts and the remaining Parmesan.

Enjoy!