



Pork & Sundried Tomato Pesto Spaghetti

with Pear Salad

Grab your Meal Kit with this symbol



Carrot



Capsicum



Garlic



Pork Mince



Spaghetti



Tomato Paste



Chicken Stock Pot



Red Pesto



Pear



Mixed Salad Leaves



Grated Parmesan Cheese

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!

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
capsicum	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	1½ cups
chicken stock pot	1 packet (20g)	1 packet (40g)
red pesto	1 packet (100g)	2 packets (200g)
pear	½	1
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4416kJ (1055Cal)	717kJ (171Cal)
Protein (g)	47.7g	7.7g
Fat, total (g)	48.5g	7.9g
- saturated (g)	11.2g	1.8g
Carbohydrate (g)	99.5g	16.1g
- sugars (g)	27.1g	16.1g
Sodium (mg)	1332mg	216mg

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. Grate the **carrot**. Cut the **capsicum** into bite-sized chunks. Finely chop the **garlic**.



Cook the pork mince

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** until tender, **4-5 minutes**. Increase the heat to high, then add the **carrot** and **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Drain the **pasta** and return to the saucepan.

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 and toss 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. Add the **mixed salad leaves** and **pear**. Toss to coat.



Serve up

Divide the pork and sundried tomato pesto spaghetti between plates and sprinkle with the **grated Parmesan cheese**. Serve with the pear salad.

Enjoy!