



Tuscan Pork Spaghetti

with Roast Veggies & Garlic Pangrattato

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Carrot



Red Onion



Garlic



Herb Crumbing Mix



Spaghetti



Pork Mince



Tomato Paste



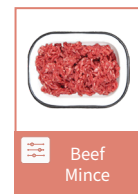
Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Grated Parmesan Cheese



Beef Mince

Hands-on: 30-40 mins
Ready in: 40-50 mins

'Pangrattato' is Italian for breadcrumb and it adds a delicious, traditional crunch when sprinkled over pasta. We've teamed a traditional tomato sauce with seasoned pork mince and roasted veggies for a meal that looks every bit as good as it tastes.



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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
carrot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
herb crumbing mix	½ medium packet	1 medium packet
spaghetti	1 packet	2 packets
pork mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
salt*	¼ tsp	½ tsp
butter*	20g	40g
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)	4202kJ (1004Cal)	452kJ (108Cal)
Protein (g)	51.2g	5.5g
Fat, total (g)	34.9g	3.8g
- saturated (g)	14.9g	1.6g
Carbohydrate (g)	113.5g	12.2g
- sugars (g)	33.4g	12.2g
Sodium (mg)	1264mg	136mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4185kJ (1000Cal)	451kJ (108Cal)
Protein (g)	54.8g	5.9g
Fat, total (g)	32.8g	3.5g
- saturated (g)	14.6g	1.6g
Carbohydrate (g)	113.5g	12.2g
- sugars (g)	33.4g	12.2g
Sodium (mg)	1277mg	137mg

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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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Thinly slice the **zucchini** into half-moons. Cut the **carrot** into small chunks. Cut the **red onion** into small wedges. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.

TIP: If your tray is getting crowded, divide the veggies between two trays!



Cook the pork

While the spaghetti is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.

CUSTOM RECIPE

If you've swapped to beef mince, cook as above.



Make the pangrattato

While the veggies are roasting, bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **herb crumbing mix** (see ingredients) and stir until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season.



Make the sauce

Add the **tomato paste, garlic & herb seasoning** and remaining **garlic** to the frying pan. Cook, stirring, until fragrant, **1 minute**. Add the **diced tomatoes with garlic & onion** and some pasta water (1/4 cup for 2 people / 1/2 cup for 4 people). Add the **salt** and season with **pepper**. Reduce the heat to medium and simmer until the sauce has thickened slightly, **3-5 minutes**. Remove from heat. Stir through the **butter, roast veggies** and **spaghetti**.

TIP: Add a dash more pasta water if the sauce looks dry.



Cook the spaghetti

Cook the **spaghetti** in the boiling water, stirring occasionally, until al dente, **9 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain the **pasta** and return to the pan. Drizzle with **olive oil** to prevent sticking.

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



Serve up

Divide the Tuscan pork spaghetti with roast veggies between bowls. Serve with a sprinkle of the garlic pangrattato and the **grated Parmesan cheese**.

TIP: Store excess pangrattato in an airtight container, it's great sprinkled over eggs the next day.

Enjoy!

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