



PORK BOLOGNESE PASTA CASSEROLE

with Mozzarella Cheese and Kale



HELLO KALE

This delicious, hearty green is a nutritional powerhouse.

PREP: 5 MIN | TOTAL: 45 MIN | CALORIES: 1010



START STRONG

You'll be cooking the pasta twice in this recipe, so make sure it's boiled until al dente before it gets baked. This way, the pasta will cook through perfectly and won't be overly soft.

BUST OUT

- Medium pot
- Strainer
- Large pan
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Kale **4 oz** | **4 oz**
- Parsley **¼ oz** | **¼ oz**
- Penne Pasta **6 oz** | **12 oz**
- Ground Pork* **10 oz** | **20 oz**
- Tuscan Heat Spice **1 TBSP** | **1 TBSP**
- Marinara Sauce **14 oz** | **28 oz**
- Milk **6.75 oz** | **6.75 oz**
- Chili Flakes **1 tsp** | **1 tsp**
- Mozzarella Cheese **½ Cup** | **1½ Cup**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**

* Ground Pork is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

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1 PREP

Adjust rack to upper position and preheat oven to 450 degrees. Bring a medium pot of **salted water** to a boil.

Wash and dry all produce. Remove and discard any large ribs and stems from **kale**. Finely chop **parsley**.



2 COOK PASTA

Once water boils, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-12 minutes. Drain.



3 COOK PORK

Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **pork** and cook, breaking up meat into pieces, until browned and cooked through, 5-6 minutes. Season with **salt**, **pepper**, and **Tuscan Heat Spice**.



4 MAKE SAUCE

Stir **marinara**, **milk**, and **1 TBSP butter** into pan with **pork**. Bring to a boil, then stir in **kale**, half the **parsley**, and **chili flakes** (to taste). Cook until kale wilts, 2-3 minutes. Season with **salt** and **pepper**.



5 TOSS PASTA

Stir **pasta** into pan with **sauce**. Taste and season with **salt** and **pepper**. (**TIP:** If your pan isn't ovenproof, transfer mixture to a baking dish.) Evenly sprinkle with **mozzarella** and **¼ cup panko**. Drizzle with **1 TBSP olive oil**.



6 FINISH AND SERVE

Bake **pasta** until panko is browned, 12-15 minutes. Top with remaining **parsley**. Divide between plates and serve.

VEG OUT!

For a vegetarian version, swap out the pork for cooked mushrooms or squash.

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