



# Creamy Pork & Roast Veggie Penne

with Grated Parmesan Cheese

Grab your Meal Kit with this symbol



Tomato



Red Onion



Garlic



Penne



Pork Mince



Chilli Flakes (Optional)



Baby Spinach Leaves



Longlife Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (optional chilli flakes)

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

## Pantry items

Olive Oil

## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	2	4
red onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
penne	1 packet	2 packets
pork mince	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
baby spinach leaves	1 bag (60g)	1 bag (120g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3954kJ (945Cal)	797kJ (190Cal)
Protein (g)	44.6g	9g
Fat, total (g)	46.8g	9.4g
- saturated (g)	23.7g	4.8g
Carbohydrate (g)	82.7g	16.7g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1191mg	240mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **tomato** and **red onion** into wedges. Place the **veggies** on a lined oven tray. Add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat, spread out evenly, then roast until golden and tender, **15-20 minutes**.



## Get prepped

While the veggies are roasting, finely chop the **garlic**.



## Cook the penne

Cook the **penne** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **penne** to the saucepan. Drizzle with a little **olive oil** to prevent sticking.

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



## Cook the pork

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**. Add the **garlic** and a pinch of **chilli flakes** (if using) and cook, stirring, until fragrant, **1 minute**.



## Make it saucy

Add the **baby spinach leaves**, **longlife cream** (see ingredients), **chicken-style stock powder** and reserved **pasta water** to the **pork**. Stir to combine and simmer until the spinach is just wilted, **1 minute**. Remove from the heat, then add the cooked **penne**, 1/2 the **grated Parmesan cheese** and the **roasted veggies**. Gently toss to combine and season to taste.



## Serve up

Divide the creamy pork and veggie penne between bowls. Top with the remaining Parmesan cheese to serve.

## Enjoy!