



Dinner - Pork & Red Pesto Spaghetti

Lunch - Brown Rice Bowl with Sichuan Pork



Grab your Meal Kit with this symbol



Carrot



Pear



Red Onion



Garlic



Roasted Almonds



Pork Mince



Baby Spinach Leaves



Spaghetti



Tomato Paste



Chicken Stock



Red Pesto



Grated Parmesan Cheese



Rocket Leaves



Balsamic Glaze

FOR YOUR LUNCH



Lemon



Sichuan Garlic Paste



Microwavable Brown Rice



Crispy Shallots

Hands-on: 30-40 mins
Ready in: 35-45 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Turn pork mince into a flavour-packed pasta sauce using our red pesto, made from sun-dried tomatoes and chargrilled capsicum, then add Sichuan garlic paste to make a tasty rice bowl for lunch. Extra delicious!

Pantry items

Olive Oil, Soy Sauce

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 too.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	3
pear	½	1
red onion	1	2
garlic	3 cloves	6 cloves
roasted almonds	1 packet	2 packets
pork mince	1 large packet	1 small & 1 medium packet
baby spinach leaves	1 bag (120g)	1 bag (180g)
spaghetti	1 packet	2 packets
tomato paste	2 sachets	4 sachets
water*	1 cup	2 cups
chicken stock	1 cube	2 cubes
red pesto	1 tub (100g)	2 tubs (200g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	½ bottle	1 bottle
lemon	½	1
Sichuan garlic paste	1 tub	1 tub
soy sauce*	1 tbs	1 tbs
microwavable brown rice	1 packet	1 packet
crispy shallots	2 packets	2 packets

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	4590kJ (1100Cal)	796kJ (190Cal)
Protein (g)	52.6g	9.1g
Fat, total (g)	48.8g	8.5g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	104g	18.1g
- sugars (g)	23.1g	4.0g
Sodium (g)	701mg	122mg
LUNCH	PER SERVING	PER 100G
Energy (kJ)	2470kJ (591Cal)	527kJ (126Cal)
Protein (g)	32.2g	6.9g
Fat, total (g)	25.0g	5.3g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	62.8g	13.4g
- sugars (g)	18.3g	3.9g
Sodium (g)	1200mg	256mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

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1. Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop the **carrot** (unpeeled), or grate if you'd prefer. Thinly slice the **pear** (see **ingredients list**). Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **roasted almonds**.



4. Make the pasta sauce

While the spaghetti is cooking, return the pan with the **remaining pork mixture** to a medium-high heat with a **drizzle** more **olive oil** if needed. Add the **garlic** and **tomato paste** and cook, stirring, until fragrant, **2 minutes**. Add the **water** and crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**). 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 to taste with **salt** and **pepper**.



2. Cook the veggies & pork

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **onion** and cook, stirring, until softened, **4-5 minutes**. Increase the heat to high, add the **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Season with a **pinch of salt** and **pepper** and stir through the **baby spinach leaves** until wilted, **2 minutes**. Transfer **2 portions** of the **pork mixture** to a bowl and set aside for your lunch.



5. Serve dinner

Divide the pork and sun-dried tomato pesto spaghetti between plates and sprinkle with the **grated Parmesan cheese**. Serve the **rocket leaves** and sliced **pear** on the side, **drizzled** with a little **olive oil** and the **balsamic glaze** (see **ingredients list**). Sprinkle the **roasted almonds** over the salad to finish.



3. Cook the pasta

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

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



6. Make lunch

When you're ready to pack your lunch, cut the **lemon** (see **ingredients list**) into wedges. To the bowl with the **reserved pork mixture**, stir through the **Sichuan garlic paste** and **soy sauce**. Divide the **microwavable brown rice** between two microwavable containers, top with the **pork mixture** and add the **lemon wedges** and **crispy shallot** packets. At lunchtime, remove the **lemon** and **crispy shallots**, then microwave the pork and rice until piping hot, **2-3 minutes**. Squeeze over the juice from the **lemon wedges** and sprinkle with the **crispy shallots**.