



Pork & Red Pesto Spaghetti

with Zesty Parmesan Pangrattato

Grab your Meal Kit with this symbol



Garlic



Lemon



Courgette



Carrot



Baby Spinach Leaves



Spaghetti



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Mince



Tomato Paste



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Chilli Flakes (Optional)



Red Pesto

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Spicy (optional chilli flakes)

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 zesty pangrattato to offset the rich and meaty flavours of the pork bolognese sauce. Bellissimo!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
lemon	½	1
courgette	1	2
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
spaghetti	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
pork mince	1 packet	1 packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
chicken-style stock powder	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
red pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3971kJ (949Cal)	680kJ (162Cal)
Protein (g)	50.4g	8.6g
Fat, total (g)	34.9g	6g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	104.1g	17.8g
- sugars (g)	18.3g	3.1g
Sodium (mg)	1890mg	324mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **courgette** into rounds. Grate the **carrot**. Roughly chop the **baby spinach leaves**.



Cook the pork

Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. Cook the **courgette** until golden, **3-4 minutes**. Transfer to a plate, then season with **salt** and **pepper**. Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork mince**, breaking it up with a spoon, until browned, **4-5 minutes**.



Cook the spaghetti

Cook the **spaghetti** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (¾ cup for 2 people / 1 ½ cups for 4 people), then drain the **spaghetti** and return to the saucepan. Drizzle with **olive oil** to prevent sticking.

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



Bring it all together

Reduce the frying pan to a medium-high heat, then add the **carrot**, **tomato paste**, **garlic & herb seasoning**, **chicken-style stock powder**, a pinch of **chilli flakes** (if using) and the remaining **garlic** to the **pork**. Cook until softened and fragrant, **2-3 minutes**. Add the reserved **pasta water**, then reduce the heat to low and add the **courgette**, **baby spinach**, **spaghetti**, **red pesto** and a squeeze of **lemon juice**. Toss to combine and season to taste.

TIP: Add a splash more water if the sauce looks too thick.



Make the pangrattato

While the pasta is cooking, heat a large frying pan over a medium-high heat with a generous drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring until golden, **2-3 minutes**. Add ½ the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl, then stir through the **lemon zest** and **grated Parmesan cheese**. Season to taste and set aside.



Serve up

Divide the pork and red pesto spaghetti between bowls. Top with the zesty Parmesan pangrattato. Serve with any remaining lemon wedges.

Enjoy!