



# Porky Linguine with Spinach and Cheese

Classic 20 Minutes • 2 of your 5 a day

3



Pork Mince



Italian Style Herbs



Linguine



Worcester Sauce



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine Stock  
Paste



Baby Spinach



Grated Hard Italian  
Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, frying pan, colander and measuring jug.

## Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Italian Style Herbs Linguine 13)	1 sachet 180g	1 sachet 270g	2 sachets 360g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Baby Spinach**	100g	200g	200g
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	3170 /758	580 /139
Fat (g)	25	5
Sat. Fat (g)	10	2
Carbohydrate (g)	86	16
Sugars (g)	19	4
Protein (g)	45	8
Salt (g)	4.52	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Cereals containing Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Fry the Pork

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

**b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat and add the **pork mince**. Cook until browned, 2-3 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

**c)** Sprinkle over the **Italian style herbs** and cook, stirring, for 1 more min.



### Wilt the Spinach

**a)** When the **sauce** has thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



### Cook the Pasta

**a)** When boiling, add the **linguine** to the pan of **water** and bring back to the boil. Cook until tender, 12 mins.

**b)** Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



### Finish Up

**a)** Toss the **cooked linguine** through the **sauce** along with **half** the **hard Italian style cheese** (if it's easier, transfer everything to the **pasta** saucepan to combine).

**b)** Taste and season with **salt** and **pepper** if needed.



### Make the Sauce

**a)** Meanwhile, add the **Worcester sauce** to the **pork** and allow to bubble away until evaporated.

**b)** Stir in the **finely chopped tomatoes**, **red wine stock paste**, **water for the sauce** (see ingredients for amount) and a pinch of **sugar** (if you have any).

**c)** Bring to the boil, then reduce the heat to medium and simmer rapidly until the **sauce** is thick, 5-6 mins. **TIP:** *Add a splash more water if it gets too thick.* **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



### Serve

**a)** Serve the **poriky linguine** in bowls finished with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!