

# Herby Tomato Pork Loaded Fries

with Parmesan Cheese & Tomato Salsa

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

24



Potato



Soffritto Mix



Pork Mince



Tomato & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



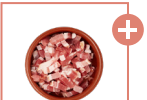
Tomato



Parmesan Cheese



Beef Mince




Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

 Calorie Smart

 Protein Rich

 Eat Me First

Crispy and golden, these fries are the perfect foundation for all the tasty toppings that are packed onto this loaded dish. Spinach, pork mince, veggies and cheese also deserve some solid recognition for levelling up this meal!

### Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
soffritto mix	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato & herb seasoning	1 sachet	2 sachets
tomato paste	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
<b>water*</b>	½ cup	¾ cup
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
tomato	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586cal)	278kJ (67cal)
Protein (g)	37.6g	4.3g
Fat, total (g)	26.6g	3g
- saturated (g)	13.7g	1.6g
Carbohydrate (g)	45.4g	5.2g
- sugars (g)	15.3g	1.7g
Sodium (mg)	1098mg	124.6mg
Dietary Fibre (g)	10.3g	1.2g

The quantities provided above are averages only.

## Allergens

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

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

1



## Bake the potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Spread **fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

**TIP:** If your oven tray is getting crowded, divide the fries between two trays.

3



## Make the tomato salsa

- While pork is cooking, finely chop **tomato**.
- In a medium bowl, combine **tomato** and a drizzle of **vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.

2



## Cook the filling

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **soffritto mix**, stirring occasionally, until just tender, **2-3 minutes**.
- Add **pork mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then stir in **tomato & herb seasoning** and **tomato paste** until fragrant, **1 minute**.
- Stir in **baby spinach leaves**, the **water**, **brown sugar** and **butter**, until slightly thickened, **1-2 minutes**.

4



## Serve up

- Divide fries between plates. Top with herby tomato pork.
- Sprinkle with **Parmesan cheese**.
- Top with tomato salsa to serve. Enjoy!

## We're here to help!


Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**  
Follow method above.

 **ADD DICED BACON**  
Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

