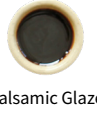
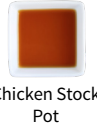
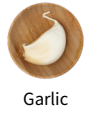


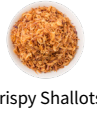
Dinner - Pork & Red Pesto Spaghetti

Lunch - Sichuan Pork Rice Bowl

Grab your Meal Kit with this symbol



For your lunch



DINNER
 Hands-on: 30-40 mins
 Ready in: 35-45 mins
LUNCH
 Ready in: 10 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 mild 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.

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 medium packet	1 medium & 1 small 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 pot	1 packet (20g)	1 packet (40g)
red pesto	1 sachet (100g)	2 sachets (200g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	drizzle	drizzle
lemon	½	1
Sichuan garlic paste	1 packet	1 packet
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)	4560kJ (1090Cal)	798kJ (191Cal)
Protein (g)	51.6g	9.0g
Fat, total (g)	48.5g	8.5g
- saturated (g)	9.0g	1.6g
Carbohydrate (g)	104g	18.3g
- sugars (g)	23.1g	4.0g
Sodium (g)	698mg	122mg
Lunch	Per Serving	Per 100g
Energy (kJ)	2440kJ (584Cal)	526kJ (126Cal)
Protein (g)	31.2g	6.7g
Fat, total (g)	24.6g	5.3g
- saturated (g)	7.8g	1.7g
Carbohydrate (g)	62.8g	13.5g
- sugars (g)	18.3g	3.9g
Sodium (mg)	1200mg	259mg

Allergens

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

2020 | CW50



Get prepped

Bring a medium saucepan of salted water to the boil. Finely chop or grate the **carrot** (unpeeled). Thinly slice the **pear** (see ingredients). Thinly slice the **red onion**. Finely chop the **garlic**. Roughly chop the **roasted almonds**.



Make the pasta sauce

While the spaghetti is cooking, return the pan with the remaining **pork & veggies** 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 **chicken stock pot**. 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.



Cook the veggies & pork

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



Serve up dinner

Divide the **pork & sundried tomato pesto spaghetti** between plates and sprinkle over the **grated Parmesan**. In a large bowl, combine the **rocket leaves** and **pear**. Drizzle with **olive oil** and **balsamic glaze**. Sprinkle the **roasted almonds** over the **salad** to serve.



Cook the spaghetti

Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Drain the **pasta** and return to the saucepan.

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



Prepare your lunch

When you're ready to pack your lunch, cut the **lemon** into wedges. Stir the **Sichuan garlic paste** and **soy sauce** through the pork and veggie mixture. Divide the **microwavable brown rice** between two microwavable containers, top with the **Sichuan garlic pork** and pack with the **lemon wedges** and **crispy shallot** packets. Refrigerate. At lunch time, remove the **lemon** and **crispy shallots**, then microwave until piping hot, **2-3 minutes**. Squeeze over **lemon juice** and sprinkle with the **crispy shallots** to serve.

Enjoy!