



# Garlicky Tomato Pork Fusilli

with Pear-Cucumber Salad & Parmesan

Grab your Meal Kit  
with this symbol



Pear



Onion



Tomato



Garlic



Cucumber



Fusilli



Pork Mince



Garlic & Herb  
Seasoning



Passata



Chicken Stock  
Pot



Grated Parmesan  
Cheese



Mixed Leaves

Prep in: **15-25** mins  
Ready in: **25-35** mins

Upgrade your weeknight pasta by whipping up a pork mince-based sauce flavoured with all the good stuff: sweet bursts of fresh tomato, vibrant passata, rich garlic and herbs, and of course, sharp and melty Parmesan. Make sure to add the butter, too; it works to balance out the acidity. Magic!

## Pantry items

Olive Oil, Butter, Balsamic Vinegar



## 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
pear	½	1
onion	1	2
tomato	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
fusilli	1 medium packet	1 large packet
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
passata	1 packet	2 packets
chicken stock pot	1 packet (20g)	1 packet (40g)
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3817kJ (912Cal)	601kJ (143Cal)
Protein (g)	48.5g	7.6g
Fat, total (g)	38.2g	6g
- saturated (g)	17.5g	2.8g
Carbohydrate (g)	89g	14g
- sugars (g)	21.1g	3.3g
Sodium (mg)	1642mg	259mg

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



## Get prepped

- Boil the kettle.
- Thinly slice **pear** (see ingredients) into wedges.
- Thinly slice **onion**. Roughly chop **tomato**. Finely chop **garlic**. Thinly slice **cucumber** into half-moons.

3



## Finish the pasta & make the salad

- While the pasta is cooking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **onion** and **pork mince**, breaking mince up with a spoon, until just browned, **3-4 minutes**.
- Add **tomato**, **garlic** and **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add **passata**, **chicken stock pot**, the **butter** and reserved **pasta water**. Cook, stirring, until slightly reduced, **3-4 minutes**.
- Add cooked **fusilli** and 1/2 the **grated Parmesan**, tossing to combine.
- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season, then add **pear**, **cucumber** and **mixed leaves**. Toss to coat.

2



## Cook the pasta

- Half-fill a large saucepan with the **boiling water** then heat over high heat. Add a pinch of **salt**.
- Cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain **pasta**, then return to pan.

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

4



## Serve up

- Divide garlicky tomato pork fusilli between plates. Sprinkle over remaining Parmesan.
- Serve with pear-cucumber salad.

## Enjoy!

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