



Cheat's Italian Pork & Veggie Loaded Bolognese

with Pasta & Parmesan



Make a homemade bolognese sauce



Red Onion



Zucchini



Garlic



Oregano



Pine Nuts



Pork Mince



Rigatoni



Passata



Vegetable Stock



Baby Spinach Leaves



Parmesan Cheese

Hands-on: 40 mins
Ready in: 45 mins

Grating zucchini into this cheat's bolognese sauce gets loads of veggies into dinner, but with all the rich flavours in this dish, silky baby spinach and secret veggies melt into a perfect meal that the whole family will love.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan, chef's knife, chopping board, box grater, garlic crusher, large frying pan, wooden spoon, colander** and **fine grater**.



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **red onion**. Grate the **zucchini**. Peel and crush the **garlic**. Pick the **oregano** leaves. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast for **3-4 minutes**, or until golden. Set aside.



2 COOK THE PORK MINCE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **red onion** and cook for **4-5 minutes**, or until soft. Add the **pork mince** and cook, breaking up with a wooden spoon, for **5-6 minutes**, or until browned. Add another **drizzle of olive oil**, the **garlic** and the **oregano** and cook for **1-2 minutes**, or until fragrant.



3 COOK THE RIGATONI

While the pork is cooking, add the **rigatoni (use suggested amount)** to the saucepan of boiling water and cook for **10 minutes**, or until 'al dente'. **Note: Be sure to use the suggested amount of pasta in order for your dish to be perfectly balanced, just the way we planned it!** **TIP:** 'Al dente' means the pasta is cooked through but still has a bit of firmness in the middle. Drain, return to the saucepan and **drizzle** with **olive oil** to prevent it from sticking.



4 MAKE IT A BOLOGNESE

While the rigatoni is cooking, add the **passata, balsamic vinegar** and **brown sugar** to the pork mince, crumble in the **vegetable stock** cube and mix well. Simmer for **5 minutes**, or until slightly thickened. Add the **baby spinach leaves, grated zucchini** and a **pinch of black pepper** and stir through for **1 minute**, or until the leaves have wilted. Add the **butter** and stir through until melted. Season to taste with a **pinch of salt** and **pepper**.



5 GRATE THE CHEESE

While the bolognese is simmering, finely grate the **Parmesan cheese**.

Once the bolognese has finished, add the cooked **rigatoni** and toss until coated in the sauce. **TIP:** Toss the pasta and sauce in the large saucepan if your frying pan isn't big enough.



6 SERVE UP

Divide the cheat's Italian pork & veggie loaded bolognese between bowls and top with the Parmesan and toasted pine nuts.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red onion	1
zucchini	2
garlic	4 cloves
oregano	1 bunch
pine nuts	2 packets
pork mince	1 packet
rigatoni	½ packet
passata	2 cartons (1 kg)
balsamic vinegar*	1 tbs
brown sugar*	1 tsp
vegetable stock	1 cube
baby spinach leaves	1 bag
butter*	40 g
Parmesan cheese	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3820kJ (912Cal)	512kJ (122Cal)
Protein (g)	54.6g	7.3g
Fat, total (g)	33.8g	4.5g
- saturated (g)	14.2g	1.9g
Carbohydrate (g)	90.9g	12.2g
- sugars (g)	15.6g	2.1g
Sodium (g)	1010mg	136mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK7

