



# Pork & Red Pesto Spaghetti

with Pear Salad

Grab your Meal Kit with this symbol 



Carrot



Zucchini



Garlic



Pork Mince



Spaghetti



Tomato Paste



Chicken Stock



Red Pesto



Pear



Mixed Salad Leaves



Grated Parmesan Cheese

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Spag bol night just got a whole lot better! Add our vibrant red pesto to give this meal an instant flavour boost, then add a crisp pear salad to offset the rich and meaty flavours of the pork spaghetti. Bellissimo!

**Pantry items**  
Olive Oil, 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

Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	3 cloves	6 cloves
pork mince	1 small packet	1 medium packet
spaghetti	1 packet	2 packets
tomato paste	2 sachets	4 sachets
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
red pesto	1 sachet	2 sachets
pear	½	1
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

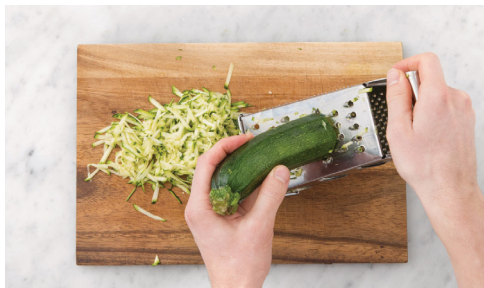
### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4513kJ (1078Cal)	738kJ (176Cal)
Protein (g)	46.1g	7.5g
Fat, total (g)	53.9g	8.8g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	95.1g	15.5g
- sugars (g)	22.5g	3.7g
Sodium (mg)	1134mg	185mg

### 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.



## 1. Get prepped

Bring a medium saucepan of salted water to the boil. Grate the **carrot** (unpeeled) and **zucchini**. Finely chop the **garlic** (or use a garlic press).



## 2. Cook the pork mince

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **zucchini** and cook, stirring, until softened, **3-4 minutes**. Increase the heat to high, then add the **pork mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



## 3. Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Drain the **spaghetti** and return to the saucepan.

**TIP:** 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



## 4. Make the pasta sauce

While the spaghetti is cooking, reduce the pan with the **pork mince** to medium heat, add the **garlic** and **tomato paste** and cook, stirring, until fragrant, **2 minutes**. Add the **water** and crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**). 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 with **salt** and **pepper**.



## 5. Make the salad

While the sauce is cooking, thinly slice the **pear** (see ingredients list). In a medium bowl, combine a **drizzle of olive oil**, **balsamic vinegar** (**1 tsp for 2 people / 2 tsp for 4 people**) and a **pinch of salt** and **pepper**. Add the **mixed salad leaves** and sliced **pear** to the salad dressing and toss to coat.



## 6. Serve up

Divide the pork and red pesto spaghetti between plates and sprinkle over the **grated Parmesan cheese**. Serve with the pear salad.

Enjoy!