



# Pork & Red Pesto Spaghetti

with Pear Salad

Grab your Meal Kit  
with this symbol



Carrot



Capsicum



Garlic



Pork Mince



Spaghetti



Tomato Paste



Chicken Stock  
Pot



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!

*Unfortunately, this week's squash were in short supply, so we've replaced it with capsicum.  
Don't worry, the recipe will be just as delicious!*

## 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
capsicum	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 pot	1 tub (20g)	1 tub (40g)
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)	4342kJ (1037Cal)	798kJ (190Cal)
Protein (g)	47.2g	8.7g
Fat, total (g)	48.5g	8.9g
- saturated (g)	11.2g	2.1g
Carbohydrate (g)	96.4g	17.7g
- sugars (g)	23.6g	4.3g
Sodium (mg)	1328mg	244mg

## 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.



## Get prepped

Bring a medium saucepan of salted water to the boil. Grate the **carrot** (unpeeled). Cut the **capsicum** into 1cm chunks. Finely chop the **garlic**.



## Cook the pork mince

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



## Cook the spaghetti

Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Drain 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.



## 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 **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.



## Make the salad

While the sauce is cooking, thinly slice the **pear** (see ingredients). In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**, then season with **salt** and **pepper**. Toss the **mixed salad leaves** and **pear** in the **dressing**.



## Serve up

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

## Enjoy!