



Pork & Roasted Veggie Spaghetti

with Parmesan & Basil

Grab your Meal Kit
with this symbol



Zucchini



Capsicum



Carrot



Garlic



Spaghetti



Pork Mince



Italian Herbs



Tomato Paste



Diced Tomatoes with
Garlic & Olive Oil



Beef Stock



Baby Spinach
Leaves



Basil



Grated Parmesan
Cheese



Hands-on: **30-40 mins**
Ready in: **35-45 mins**

In this dish, we've teamed the traditional Italian tomato sauce with seasoned pork mince and roasted veggies for a meal that looks every bit as good as it tastes.

Pantry items

Olive Oil, Brown Sugar, Butter

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
spaghetti	1 packet	2 packets
pork mince	1 small packet	1 medium packet
Italian herbs	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 tin	2 tins
brown sugar*	2 tsp	1 tbs
beef stock	1 cube	2 cubes
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
basil	1 punnet	1 punnet
butter*	20g	40g
grated Parmesan cheese	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3823kJ (913Cal)	454kJ (108Cal)
Protein (g)	49.2g	5.8g
Fat, total (g)	32g	3.8g
- saturated (g)	14.5g	1.7g
Carbohydrate (g)	98.8g	11.7g
- sugars (g)	27.7g	3.3g
Sodium (mg)	1498mg	178mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit 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 large saucepan of salted water to the boil. Preheat the oven to **240°C/220°C fan-forced**. Cut the **zucchini** into 2cm half-moons. Cut the **capsicum** into 2cm chunks. Cut the **carrot** into 1cm chunks. Place the **zucchini**, **capsicum** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**. Finely chop the **garlic**.

TIP: If the veggies don't fit in a single layer, divide them between two trays!

4



Cook the sauce

Add the **tomato paste** to the pork and stir to coat. Add the **diced tomatoes with garlic & olive oil**, **brown sugar** and crumble in the **beef stock** (1 cube for 2 people / 2 cubes for 4 people) and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **5 minutes**. Season with the **salt** and **pepper**. Add the **baby spinach leaves** and **butter** and stir through until the spinach has wilted, **1 minute**. Remove the pan from the heat.

TIP: Simmer for an extra 10 minutes if you have time!

2



Cook the spaghetti

While the veggies are cooking, add the **spaghetti** to the boiling water and cook until 'al dente', **10 minutes**. Reserve some **pasta water**, drain the **pasta** and return to the saucepan. Drizzle the spaghetti with **olive oil** to prevent it from sticking together.

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

5



Finish the sauce

Carefully stir the **roasted veggies** through the sauce. Add the drained **spaghetti** to the **sauce** and toss to coat.

TIP: You can serve the sauce on top of the spaghetti if you prefer!

TIP: If the pasta is a little dry for your taste, add a dash of the reserved pasta water.

3



Cook the pork

While the spaghetti is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **pork mince**, breaking up with a spoon, until browned, **2-3 minutes**. Add the **garlic** and **Italian herbs** (see ingredients) and cook until fragrant, **1-2 minutes**.

6



Serve up

Pick and roughly chop the **basil** leaves. Divide the pork and roasted veggie spaghetti between bowls. Garnish with the **grated Parmesan cheese** and basil.

Enjoy!