



# Tuscan Pork & Fresh Fettuccine with Chargrilled Capsicum

**FRESH & FAST**

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3701kJ (885Cal) | Protein 48.6g | Fat, total 30.3g - saturated 9.7g | Carbohydrate 98.8g - sugars 13.7g | Sodium 1125mg  
The quantities provided above are averages only.

Contact us | [hellofresh.com.au/contact](https://hellofresh.com.au/contact)  
2021 | WK38 | V

# Get ready

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'll need

(along with the basics)



Large Frying Pan



Medium Saucepan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Pork Mince</b>	<b>1 small pkt</b>	<b>1 medium pkt</b>
<b>Chargrilled Capsicum</b>	<b>1 pkt</b>	<b>2 pkts</b>
<b>Garlic Paste</b>	<b>1 pkt</b>	<b>2 pkts</b>
<b>Egg Fettuccine</b>	<b>1 pkt</b>	<b>2 pkts</b>
<b>Grated Parmesan Cheese</b>	<b>1 pkt (30g)</b>	<b>2 pkts (60g)</b>

## 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. Sizzle



Pork Mince



Chargrilled Capsicums



Fennel Seeds (Optional)



Italian Herbs



Garlic Paste



Tomato Paste



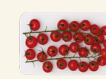
Tomato Sugo

## 2. Boil



Egg Fettuccine

## 3. Toss



Cherry Tomatoes



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Grated Parmesan Cheese

- Boil the kettle
- Heat a frying pan over high heat with **olive oil**
- Cook **pork, chargrilled capsicums** and a pinch of **fennel seeds** (optional), breaking up with a spoon, until pork is browned, **4 mins**
- Stir in **Italian herbs, garlic paste** and **tomato paste**
- Add **tomato sugo**, stir until heated. Season to taste

- Pour boiling water into a saucepan over high heat. Season generously with **salt**
- Return to boil, add **fettuccine** and cook until 'al dente', **3 mins**
- Using tongs, add **fettuccine** to frying pan with a dash of **pasta water** and toss

- Halve **cherry tomatoes**
- In a bowl, combine **tomatoes, salad leaves** and **dressing**. Season to taste
- Plate up **pasta** and sprinkle with **Parmesan**
- Serve with **salad**

