



Tuscan Pork Spaghetti

with Roasted Veggies & Garlic Pangrattato

Grab your Meal Kit with this symbol 



Capsicum



Zucchini



Yellow Squash



Red Onion



Garlic



Parsley



Panko Breadcrumbs



Spaghetti



Pork Mince



Tomato Paste



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Olive Oil



Grated Parmesan Cheese

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

We've teamed a traditional tomato sauce with pork mince and roasted veggies for a meal that looks every bit as good as it tastes. The finishing touch is a sprinkling of garlicky pangrattato, which gives an irresistible crunch.

Pantry items

Olive Oil

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

Two oven trays lined with baking paper ·
Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
yellow squash	1 bag (100g)	1 bag (200g)
red onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
spaghetti	1 packet	2 packets
pork mince	1 small packet	1 medium packet
tomato paste	1 sachet (50g)	2 sachets (100g)
garlic & herb seasoning	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4120kJ (984Cal)	464kJ (110Cal)
Protein (g)	51.4g	5.8g
Fat, total (g)	34.4g	3.9g
- saturated (g)	11.8g	1.3g
Carbohydrate (g)	109.1g	12.3g
- sugars (g)	27.6g	3.1g
Sodium (g)	1395mg	157mg

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. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Thinly slice the **zucchini** into half-moons. Cut the **yellow squash** into 2cm wedges. Slice the **red onion** into 1cm wedges. Divide the **capsicum, zucchini, squash** and **onion** between two oven trays lined with baking paper. **Drizzle** both trays with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the pork mince

While the spaghetti is cooking, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **pork mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



2. Make the garlic pangrattato

While the veggies are roasting, bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves. In a large frying pan, heat a **good drizzle** of **olive oil** over a medium-high heat. Add the **panko breadcrumbs** (see ingredients list) and cook, stirring, until golden brown, 3 minutes. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Add the **parsley** and season to taste. Stir to combine, then set aside.



5. Make the sauce

Add the **tomato paste, garlic & herb seasoning** and **remaining garlic** to the **pork**. Cook, stirring, until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil** and some **pasta water** (**1/4 cup for 2 people / 1/2 cup for 4 people**). Season with **salt** and **pepper**. Reduce the heat to medium and simmer until the sauce has thickened slightly, **3-5 minutes**. Remove from the heat and stir through the **roast veggies** and **spaghetti**.

TIP: Add a dash more pasta water if the sauce looks dry.



3. Cook the spaghetti

Add the **spaghetti** to the saucepan of boiling water and cook, stirring occasionally, until 'al dente', 9 minutes. Reserve some **pasta water** (**1/2 cup for 2 people / 1 cup for 4 people**), then drain the **pasta** and return to the pan. **Drizzle** with **olive oil** to prevent sticking and set aside.

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



6. Serve up

Divide the Tuscan pork spaghetti between bowls. Sprinkle with **grated Parmesan cheese** and top with the garlic pangrattato.

TIP: Store excess pangrattato in an airtight container, it's great sprinkled over eggs the next day!

Enjoy!