HELLO FRESH

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.

Get ready

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
Pork Mince	1 small pkt	1 medium pkt
Chargrilled Capsicum	1 pkt	2 pkts
Garlic Paste	1 pkt (30g)	2 pkts (60g)
Egg Fettuccine	1 pkt	2 pkts
Shaved Parmesan Cheese	1 pkt	2 pkts

Allergens

1. Sizzle

Pork Mince

Chargrilled Capsicum

Fennel Seeds (Optional)

Italian Herbs

Garlic Paste

Tomato Paste

Tomato Sugo

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

2. Simmer

Egg Fettuccine

- When kettle boils, pour water into a saucepan over high heat. Season generously with **salt**
- Return to the 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

3. Toss

Cherry Tomatoes

Mixed Salad Leaves

Balsamic Vinaigrette Dressing

Shaved Parmesan Cheese

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