



Tuscan Pork Spaghetti

with Roast Veggies & Garlic Pangrattato



Capsicum



Carrot



Red Onion



Garlic



Herb Crumbing Mix



Spaghetti



Celery



Pork Mince



Tomato Paste



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Grated Parmesan Cheese



Plant-Based Slow Braised Meat

Pantry items

Olive Oil, Butter

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

'Pangrattato' is Italian for breadcrumb and it adds a delicious, traditional crunch when sprinkled over pasta. We've teamed a traditional tomato sauce with seasoned pork mince and roasted veggies for a meal that looks every bit as good as it tastes.



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 refer to method	4 People refer to method
olive oil*		
capsicum	1	2
carrot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
herb crumbing mix	½ medium packet	1 medium packet
spaghetti	1 packet	2 packets
celery	1 stalk	2 stalks
pork mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
salt*	¼ tsp	½ tsp
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
plant-based slow braised meat**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4265kJ (1019Cal)	524kJ (125Cal)
Protein (g)	50.5g	6.2g
Fat, total (g)	35g	4.3g
- saturated (g)	14.9g	1.8g
Carbohydrate (g)	117.3g	14.4g
- sugars (g)	33.7g	14.4g
Sodium (mg)	2073mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4330kJ (1035Cal)	556kJ (133Cal)
Protein (g)	35.8g	4.6g
Fat, total (g)	39.3g	5g
- saturated (g)	26.1g	3.4g
Carbohydrate (g)	133.8g	17.2g
- sugars (g)	36.6g	17.2g
Sodium (mg)	2345mg	301mg

The quantities provided above are averages only.

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.

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Cut the **carrot** into small chunks. Cut the **red onion** into thin wedges. Divide the **veggies** between two lined oven trays. Drizzle 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.



Make the garlic pangrattato

While the veggies are roasting, bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. In a large frying pan, heat a good drizzle of **olive oil** over a medium-high heat. Add the **herb crumbing mix** (see ingredients) and stir until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl. Season.



Cook the spaghetti

Cook the **spaghetti** in the boiling water, 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.

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



Cook the pork

While the spaghetti is cooking, finely chop the **celery**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking up with a spoon, until browned, **4-5 minutes**.

CUSTOM RECIPE

If you've swapped to plant-based slow braised meat, roughly chop the plant-based meat. Prepare the pan as above, then cook the plant-based meat, tossing until browned, 3-5 minutes.



Make the sauce

Add the **celery** and cook until softened, **1 minute**. Add the **tomato paste**, **garlic & herb seasoning** and remaining **garlic**. Cook, stirring, until fragrant, **1 minute**. Add the **diced tomatoes with garlic & onion** and some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Add the **salt** and a pinch of **pepper**. Reduce the heat to medium, then simmer until the sauce has thickened slightly, **3-5 minutes**. Remove from the heat. Stir through the **butter**, **roasted veggies** and **spaghetti**.

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



Serve up

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

TIP: Store any remaining pangrattato in an airtight container. It's great sprinkled on eggs the next day!

Enjoy!

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