



Porky Pappardelle with Spinach

Rapid 20 Minutes • 1 of your 5 a day

14



Pork Mince



Italian Herbs



Pappardelle



Worcester Sauce



Red Wine Stock Paste



Finely Chopped
Tomatoes with
Onion and Garlic



Baby Spinach



Grated Hard Italian
Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Colander, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Italian Herbs	1 sachet	1 sachet	2 sachets
Pappardelle 13)	200g	300g	400g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	497g	100g
Energy (kJ/kcal)	2978 /712	599 /143
Fat (g)	24	5
Sat. Fat (g)	10	2
Carbohydrate (g)	80	16
Sugars (g)	20	4
Protein (g)	41	8
Salt (g)	4.34	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Fry the Pork

a) Bring a large saucepan of **water** to the boil over high heat with ½ tsp of **salt**.

b) Heat a drizzle of **oil** in a large frying pan on high heat and add the **pork**. Cook until browned, 2-3 mins. Break it up with a spoon as it cooks.

IMPORTANT: Wash your hands after handling raw meat. The mince is cooked when no longer pink in the middle.

c) Sprinkle over the **Italian herbs** and cook, stirring, for another minute.



Cook the Pasta

a) Add the **pappardelle** to the saucepan of boiling **water** and cook until tender, 10 mins.

b) When cooked, drain in a colander and drizzle with a little **oil** to stop it sticking together.



Make the Sauce

a) Meanwhile add the **Worcester sauce** to the **pork** and allow to bubble away until evaporated.

b) Stir in the **finely chopped tomatoes, red wine stock paste, water** (see ingredients for amount) and a pinch of **sugar** (if you have any).

c) Bring to the boil then reduce the heat to medium and simmer rapidly until the **sauce** is thick and tomatoey, 5-6 mins. **TIP:** Add a splash more water if it gets too thick.



Wilt the Spinach

a) When the **sauce** is cooked, stir in the **spinach** a handful at a time until wilted, 2-3 mins.



Finish Up

a) Toss the **drained pappardelle** through the **sauce** along with **half the hard Italian style cheese** (if it's easier, transfer everything to the **pasta** saucepan to combine).

b) Taste and season with **salt** and **pepper** if needed.



Serve

a) Serve the **porky pappardelle** in bowls finished with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.