



# Porky Penne

with Spinach and Cheddar

Rapid 20 Minutes

N° 13



Pork Mince



Garlic Clove



Italian Herbs



Penne Pasta



Worcester Sauce



Finely Chopped Tomatoes



Red Wine Stock Paste



Cheddar Cheese



Baby Spinach

## 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, Garlic Press, Colander, Measuring Jug, Grater, Bowl.

## Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove	1	2	2
Italian Herbs	1 sachet	1 sachet	2 sachets
Penne Pasta <b>13)</b>	180g	270g	360g
Worcester Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Cheddar Cheese <b>7)**</b>	60g	90g	120g
Baby Spinach**	100g	150g	200g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>519g</b>	<b>100g</b>
Energy (kJ/kcal)	3279 /784	631 /151
Fat (g)	29	6
Sat. Fat (g)	13	3
Carbohydrate (g)	84	16
Sugars (g)	17	3
Protein (g)	44	9
Salt (g)	3.19	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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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HelloFresh 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.

**c)** Drain and discard any excess fat from the **pork**.

**d)** Meanwhile, peel and grate the **garlic** (or use a garlic press). Add the **garlic** and sprinkle over the **Italian herbs**. Cook, stirring, for another minute.



### Wilt the Spinach

**a)** While the **sauce** cooks, grate the **Cheddar**.

**b)** When the **sauce** is cooked, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



### Cook the Pasta

**a)** Meanwhile, add the **penne** to the saucepan of **boiling water** and cook until tender, 12 mins.

**b)** When cooked, drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together.



### Finish Up

**a)** Toss the drained **penne** through the **sauce** along with **half** of the **Cheddar**.

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



### Make the Sauce

**a)** Meanwhile, add the **Worcester sauce** to the **pork**, stir and allow to bubble away until evaporated, 30 seconds.

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

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



### Serve

**a)** Serve the **porky penne** in bowls finished with a sprinkle of the remaining **Cheddar**.

### 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.