



PORKY PAPPARDELLE

with Spinach and Grated Cheese



HELLO WORCESTER SAUCE

Worcester Sauce is a source of 'Umami'. The fifth 'savoury' sense.



Pork Mince



Italian Style Herbs



Wheat Pappardelle



Worcester Sauce



Red Wine Stock Pot



Finely Chopped Tomatoes with Garlic & Onion



Baby Spinach



Italian Style Grated Hard Cheese

Long, flat ribbons of wheat pappardelle are perfect for thicker sauces like our speedy pork ragu. Packed with fresh, Italian inspired flavours, and on the table in just twenty minutes, this quick-fix dish is perfect for the evenings when you're a little short on time. Authentic Italian cooking in double quick time? Mamma Mia, you've found a keeper!

20 mins

1.5 of your 5 a day

Rapid recipe

MEAL BAG

14

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 **Wash** the veggies. 🍴 Make sure you've got a **Large Saucepan, Large Frying Pan, Colander** and **Measuring Jug**. Let's start cooking the **Porky Pappardelle with Spinach and Grated Cheese**.



1 FRY THE PORK

- Fill a large saucepan with the boiling **water** from your kettle, along with a pinch of **salt**, and bring back to the boil.
- Heat a large frying pan on high heat (no oil) and add the **pork mince**. Cook, breaking up with a wooden spoon, until just browned, 3-4 mins.
- Sprinkle over the **Italian style herbs** and cook, stirring, for another minute.



2 COOK THE WHEAT PASTA

- Add the **wheat pappardelle** to the pan of boiling **water** and cook for 6 mins.
- When cooked, drain in a colander and drizzle with a little **oil** to stop it sticking together.



3 MAKE THE SAUCE

- Meanwhile add the **Worcester sauce** to the **pork** and allow to bubble away for a few seconds.
- Stir in the **finely chopped tomatoes, stock pot, water** (see ingredients for amount) and a pinch of **sugar** (if you have some), bring to the boil then reduce the heat to medium and simmer briskly until the **sauce** is thick and tomatoey, 5-6 mins. **★ TIP:** Add a splash more water if it gets too thick. **❗ IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



4 WILT THE SPINACH

- When the **sauce** is cooked, stir in the **spinach** a handful at a time to wilt.



5 FINISH UP

- Toss the **wheat pappardelle** through the **sauce** along with **half the Italian style grated hard cheese** (if it's easier, transfer everything to the pasta saucepan to combine).
- Taste and season with **salt** and **pepper** if needed.



6 SERVE

- Serve the **porky wheat pappardelle** in bowls finished with a sprinkling of the remaining **cheese**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pork Mince *	250g	375g	500g
Italian Style Herbs	1 pot	1½ pots	2 pots
Wheat Pappardelle	200g	300g	400g
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Red Wine Stock Pot	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water*	50ml	75ml	100ml
Baby Spinach *	1 small bag	1 large bag	1 large bag
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 507G	PER 100G
Energy (kJ/kcal)	2835/ 678	560/ 134
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	77	15
Sugars (g)	19	4
Protein (g)	45	9
Salt (g)	4.58	0.90

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

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

Wheat Pappardelle. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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