



Speedy Pork Penne with Spinach and Cheddar

Family 20 Minutes • 2 of your 5 a day



Pork Mince



Garlic Clove



Italian Style Herbs



Penne Pasta



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Paste



Mature Cheddar
Cheese



Baby Spinach

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan, garlic press, colander and grater.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	3399/812	608/145
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	86	15
Sugars (g)	19	3
Protein (g)	46	8
Salt (g)	4.70	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Pork

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

b) Heat a drizzle of **oil** in a large frying pan on high heat and add the **pork**. Cook until browned, 4-5 mins. Break it up with a spoon as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

c) Meanwhile, peel and grate the **garlic** (or use a garlic press). Add the **garlic** to the **pork** and sprinkle over the **Italian style herbs**. Cook, stirring, for 1 min.



Wilt the Spinach

a) Meanwhile, 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 bring back to the boil. Cook until tender, 12 mins.

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



Finish Up

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

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



Make the Sauce

a) While the **pasta** cooks, add the **Worcester sauce** to the **pork**, stir and allow to bubble away until evaporated, 30 secs.

b) Stir in the **finely chopped tomatoes**, **red wine stock paste**, **water for the sauce** (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, 6-8 mins. **TIP:** *Add a splash more water if it gets too thick.* **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Serve

a) When everything is ready, serve the **pork penne** in bowls finished with a sprinkle of the remaining **Cheddar**.

Enjoy!