



Slippery Slimy Pork Spaghetti Worms

with Cheese and Baby Spinach

Halloween 25-30 Minutes • Mild Spice

10



Spaghetti



Pork Mince



Garlic Clove



Tomato Puree



Peri Peri Seasoning



Creme Fraiche



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, colander, frying pan and garlic press.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|----------|-----------|-----------|
| Spaghetti 13) | 180g | 270g | 360g |
| Pork Mince** | 240g | 360g | 480g |
| Garlic Clove** | 2 | 3 | 4 |
| Tomato Puree | 30g | 45g | 60g |
| Peri Peri Seasoning | 1 sachet | 2 sachets | 2 sachets |
| Crème Fraîche** 7) | 150g | 225g | 300g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Baby Spinach** | 40g | 100g | 100g |
| Grated Hard Italian Style Cheese** 7) 8) | 20g | 40g | 40g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|--------|-------|
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving 396g | Per 100g 100g |
|--|---------------------|------------------|
| Energy (kJ/kcal) | 4087 /977 | 1033 /247 |
| Fat (g) | 54.8 | 13.8 |
| Sat. Fat (g) | 26.6 | 6.7 |
| Carbohydrate (g) | 78.8 | 19.9 |
| Sugars (g) | 10.5 | 2.7 |
| Protein (g) | 43.7 | 11.0 |
| Salt (g) | 1.96 | 0.49 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten

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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1



Make your Worms

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **spaghetti worms**.

Gather the **spaghetti** into a bundle, then break it in half. Using your hands, keep snapping the **spaghetti strands** until they are broken into small, worm-length pieces.

4



Add the Flavour

While the **mince** fries, peel and grate the **garlic** (or use a garlic press).

Stir the **garlic**, **tomato puree** and **peri peri seasoning** into the pan and fry until fragrant, 1 min.

Stir in the **crème fraîche**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to a boil, then reduce the heat and simmer until slightly thickened, 3-4 mins.

2



Simmer and Squirm

When boiling, add the **spaghetti worms** to the **water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, heat a large frying pan on medium-high heat (no oil).

5



Finishing Touches

Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Mix in **half** the **hard Italian style cheese** until melted. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.

3



Fry Time

Once hot, add the **pork mince** to the pan and stir-fry until the **mince** has browned, 5-6 mins.

Use a spoon to break the **mince** up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

6



Serve up a Fright

Share the **spaghetti worms** between your serving bowls. Spoon over the **spiced sauce**.

Sprinkle over the remaining **cheese**.

Enjoy!