



Speedy Pork Penne with Spinach and Cheddar

Quick 20 Minutes • 2 of your 5 a day

13



Pork Mince



Garlic Clove



Dried Oregano



Penne Pasta



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine
Stock Paste



Mature Cheddar
Cheese



Baby Spinach



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Penne Pasta 13)	180g	270g	360g
Worcester Sauce 13)	15g	15g	30g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Mature Cheddar Cheese** 7)	30g	40g	60g
Baby Spinach**	40g	60g	80g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	500g	100g	500g	100g
Energy (kJ/kcal)	3528 / 843	706 / 169	3303 / 789	158 / 661
Fat (g)	33.8	6.8	27.2	5.4
Sat. Fat (g)	13.5	2.7	12.2	2.4
Carbohydrate (g)	89.4	17.9	89.2	17.8
Sugars (g)	21.8	4.4	21.6	4.3
Protein (g)	42.9	8.6	46.1	9.2
Salt (g)	4.58	0.92	4.63	0.93

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

Allergens

7) Milk **13)** Cereals containing 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, cereals containing 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

- Bring a large saucepan of **water** to the boil on high heat with $\frac{1}{2}$ **tsp salt**.
- Heat a large frying pan on medium-high heat (no oil). Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.
IMPORTANT: *Wash your hands and equipment after handling raw mince.*
- Meanwhile, peel and grate the **garlic** (or use a garlic press), then add to the **mince** with the **dried oregano**. Cook, stirring, for 1 min.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Wilt the Spinach

- Meanwhile, grate the **Cheddar**.
- When the **sauce** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Cook the Pasta

- Meanwhile, add the **penne** to the pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Combine and Stir

- Toss the **cooked penne** through the **sauce** along with the **grated Cheddar** and combine well.
- Taste and season with **salt** and **pepper** if needed.



Sauce Things Up

- While the **pasta** cooks, add the **Worcester sauce** to the **pork** and allow to bubble away until evaporated, 30 secs.
- Stir in the **chopped tomatoes**, **red wine stock paste**, **water for the sauce** (see pantry for amount) and a pinch of **sugar** (if you have any).
- Bring to the boil, stirring, then reduce the heat to medium and simmer until the **sauce** has thickened, 5-6 mins. Add a splash of **water** if it gets too thick.
IMPORTANT: *The mince is cooked when no longer pink in the middle.*



Serve

- When ready, serve your **pork penne** in bowls.

Enjoy!