



Porky Linguine with Spinach and Cheese

Rapid 20 Minutes • 1 of your 5 a day

14



Pork Mince



Italian Style Herbs



Linguine



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Jus Paste



Baby Spinach



Grated Hard Italian
Style Cheese

Pantry Items
Sugar

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 and colander.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Linguine 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 Jus Paste 10) 14)	15g	22g	30g
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	461g	100g
Energy (kJ/kcal)	3086/738	669/160
Fat (g)	24.5	5.3
Sat. Fat (g)	10.2	2.2
Carbohydrate (g)	83.0	18.0
Sugars (g)	16.2	3.5
Protein (g)	44.2	9.6
Salt (g)	3.38	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Fry the Pork

- Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once the **oil** is hot, add the **pork mince** and cook until browned, 4-5 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.*
- Sprinkle over the **Italian style herbs** and cook, stirring, for 1 more min.



Add the Spinach

- When the **sauce** has thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



Cook the Pasta

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



Finish Up

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



Make the Sauce

- While the **pasta** cooks, add the **Worcester sauce** to the **pork** and allow to bubble away until evaporated.
- Stir in the **chopped tomatoes**, **red wine jus paste**, **water** and **sugar for the sauce** (see ingredients for both amounts).
- Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened, 5-6 mins. Add a splash more **water** if it gets too thick. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Serve

- Share the **poriky linguine** between your bowls and finish with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!