



Speedy Pork Penne with Spinach and Cheddar

Family 20 Minutes • 1 of your 5 a day

11



Pork Mince



Onion



Garlic Clove



Italian Style Herbs



Penne Pasta



Worcester Sauce



Finely Chopped Tomatoes



Red Wine Stock Paste



Mature Cheddar Cheese



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Frying Pan, Garlic Press, Colander, Measuring Jug and Grater.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Onion**	1	1	1
Garlic Clove**	1	2	2
Italian Style Herbs	1 pot	1 pot	1 pot
Penne Pasta 13)	180g	270g	360g
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Mature Cheddar Cheese** 7)	60g	90g	120g
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	611g	100g
Energy (kJ/kcal)	3431 / 820	561 / 134
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	89	15
Sugars (g)	22	4
Protein (g)	46	7
Salt (g)	3.34	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Fry the Pork

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

b) Heat a drizzle of **oil** in a large frying pan on high heat and add the **pork**. Cook until browned, 2-3 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, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Add the **onion** to the **pork**, stir and cook until softened, 3-4 mins.

d) Stir in the **garlic** and sprinkle over the **Italian style herbs**. Cook, stirring, for 1 min.



Wilt the Spinach

a) While the **sauce** cooks, 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) Meanwhile, 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** and **sugar** (see ingredients for both amounts).

c) Bring to the boil, stirring, then reduce the heat to medium and simmer rapidly until the **sauce** thickens, 5-6 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 **porky penne** in bowls finished with a sprinkle of the remaining **Cheddar**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.