



# Creamy Sun-Dried Tomato Pesto and Pork Pasta

## with Spinach and Parmesan












Family Friendly 20-30 Minutes

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](http://hellofresh.ca)

  Mild Italian Sausage, uncased 250 g   500 g	  Beyond Meat® 2   4
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 Ground Pork 250 g   500 g	 Rigatoni 170 g   340 g
 Zucchini 1   2	 Baby Spinach 56 g   113 g
 Onion, chopped 56 g   113 g	 Garlic Puree 1 tbsp   2 tbsp
 Chicken Broth Concentrate 1   2	 Sun-Dried Tomato Pesto ½ cup   1 cup
 Parmesan Cheese, shredded ¼ cup   ½ cup	 Chili Flakes ¼ tsp   ½ tsp
 Cream Sauce Spice Blend 1 tbsp   2 tbsp	

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Milk, salt, oil, pepper

Cooking utensils | Colander, measuring spoons, measuring cups, large pot, large non-stick pan

1



## Cook rigatoni

- Before starting, wash and dry all produce.

### • Heat Guide for Step 6:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Spicy: 1 tsp (2 tsp)

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

4



## Cook pork

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

- Reheat the same pan over medium-high.
- Add **½ tbsp** (1 tbsp) **oil**, then **pork** and **garlic puree**. Cook, breaking up **pork** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **Cream Sauce Spice Blend**. Cook, stirring often, until **pork** is coated, 1 min.
- Season with **salt** and **pepper**.

2



## Prep

- Meanwhile, roughly chop **spinach**.
- Cut **zucchini** into ½-inch pieces.

3



## Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, then transfer to a plate.

5



## Make sauce

- Add **½ cup** (1 cup) **milk** and **broth concentrate** to the pan with **pork**.
- Bring to a simmer and cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Add **zucchini** and **spinach**. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.

6



## Finish and serve

- Add **sauce mixture**, **reserved pasta water** and **sun-dried tomato pesto** to the pot with **rigatoni**. Stir to combine.
- Divide **pasta** between bowls.
- Sprinkle **Parmesan** and **¼ tsp** (½ tsp) **chili flakes** over top. (**NOTE:** Reference heat guide.)

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 4 | Cook sausage

🔄 Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **pork**\*\*.

## 4 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **pork**, until cooked through, 5-6 min.\*\*

\*\* Cook pork, sausage and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.