



# 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://www.hellofresh.ca)



 Swap	 Swap
	
Mild Italian Sausage, uncased 250 g   500 g	Ground Beef 250 g   500 g
	
Ground Pork 250 g   500 g	Rigatoni 170 g   340 g
	
Zucchini 1   2	Baby Spinach 56 g   113 g
	
Yellow 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 ½ cup   1 cup	Chili Flakes 1 tsp   1 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.

Pantry items | Salt, oil, pepper, milk

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

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 | Ground Beef

- 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 beef

Swap | Ground Beef

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

\*\* Cook to a minimum internal temperature of 74°C/165°F.