

HELLO Creamy Sun-Dried Tomato Pesto and Pork Pasta with Spinach and Parmesan

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

Family Friendly Optional Spice

20-30 Minutes





Sausage, uncased

Beyond Meat[®]







Ground Pork 250 g | 500 g



Rigatoni 170 g | 340 g





Baby Spinach

1 2



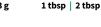


Onion, chopped



Garlic Puree

56 g | 113 g





Chicken Broth Concentrate 1 2



Tomato Pesto 1/2 cup | 1 cup



Cheese, shredded ¼ cup | ½ cup

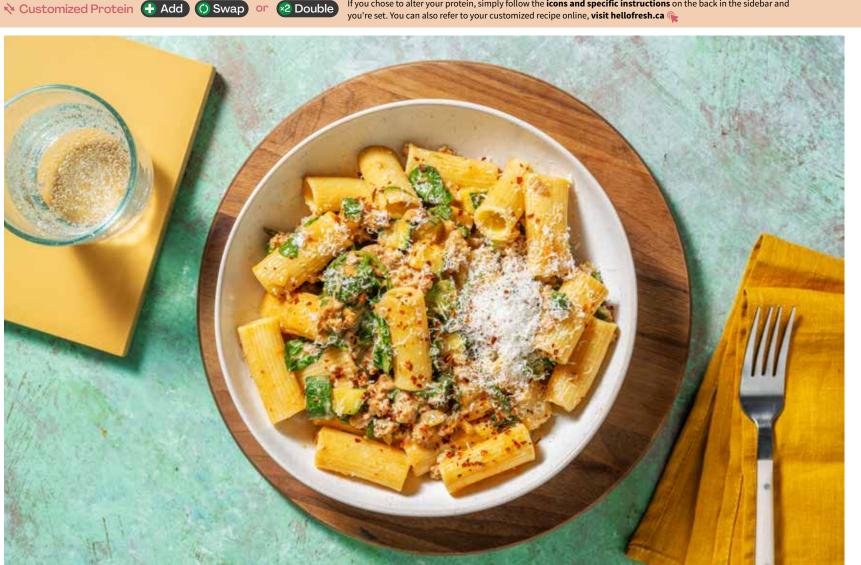


Chili Flakes

1/4 tsp | 1/2 tsp



Cream Sauce Spice Blend 1 tbsp | 2 tbsp



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



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.



Prep

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



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.



4 | Cook Beyond Meat®

Measurements

4 | Cook sausage

within steps

the pork.**

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.**

1 tbsp

O Swap | Mild Italian Sausage If you've opted to get sausage, cook it in the same way the recipe instructs you to cook

(2 tbsp)

oil



Cook pork

🔘 Swap | Mild Italian Sausage 🕽

O 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.



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.



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 1/4 tsp (1/2 tsp) chili flakes over top. (NOTE: Reference heat guide.)

