



Creamy Sun-Dried Tomato Pesto and Pork Pasta

with Spinach and Parmesan

Family Friendly

Optional Spice

20-30 Minutes

Swap



Mild Italian Sausage, uncased
250 g | 500 g

Swap



Beyond Meat®
2 | 4

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](https://www.hellofresh.ca)



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.

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.