



Herby Pork Linguine with Spinach and Cheese

Rapid 20 Minutes • 2 of your 5 a day

14



Pork Mince



Mixed Herbs



Linguine



Worcester Sauce



Finely Chopped
Tomatoes with Basil



Red Wine
Jus Paste



Baby Spinach



Grated Hard
Italian Style Cheese



Beef Mince

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Pork Mince**	240g	360g	480g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Linguine 13	180g	270g	360g
Worcester Sauce 13	15g	15g	30g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10 14	15g	22g	30g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	461g	100g	461g	100g
Energy (kJ/kcal)	3387 / 810	734 / 175	3161 / 756	685 / 164
Fat (g)	31.2	6.8	24.6	5.3
Sat. Fat (g)	12.0	2.6	10.8	2.3
Carbohydrate (g)	86.8	18.8	86.5	18.8
Sugars (g)	19.4	4.2	19.2	4.2
Protein (g)	43.1	9.3	46.4	10.0
Salt (g)	3.49	0.76	3.54	0.77

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Fry the Pork

a) Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

b) Heat a large frying pan on medium-high heat (no oil).

c) Once hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince.

d) Sprinkle over the **mixed herbs** and cook, stirring, for 1 min more.

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Add the Spinach

a) When the **sauce** has thickened, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Cook the Pasta

a) Meanwhile, add the **linguine** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Combine and Stir

a) Toss the **cooked linguine** through the **sauce** along with **half** the **hard Italian style cheese** in whichever pan is largest.

b) Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little too thick.



Make the Sauce

a) While the **pasta** cooks, add the **Worcester sauce** to the **pork** and allow to bubble away until evaporated, 30 secs.

b) Stir in the **chopped tomatoes**, **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both amounts). **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

c) Bring to the boil, then reduce the heat to medium and simmer until the **sauce** has thickened, 5-6 mins. Add a splash more **water** if it gets too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Serve

a) Share the **herby pork linguine** between your bowls.

b) Finish with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!