



Quick Pork Ragu

with zucchini and Parmesan cheese

K.I.S.S - Keep it simple silly! This satisfying pasta dish is something the whole family can agree on. Spaghetti is loaded with an herby tomato sauce, pork and zucchini. Seal the deal with a sprinkle of Parmesan cheese.

in your kit bag

	2 portions	4 portions
Ground Pork	250 g	500 g
Spaghetti	170 g	340 g
Yellow Onion	113 g	113 g
Zucchini	200 g	400 g
Garlic	6 g	12 g
Soy Sauce	18 g	36 g
Crushed Tomatoes	200 ml	398 ml
Parmesan Cheese, shredded	56 g	113 g
Sun-Dried Tomato Pesto	28 g	56 g
Italian Herb Spice Blend	1 tbsp	2 tbsp



30 minutes

✓ get started

Bring a large pot of salted water to a boil. Start the recipe when the water is boiling.

cooking tools

- Colander
- Measuring Spoons
- Measuring Cups
- Large Pot
- Large Non-Stick Pan

pantry items

- Cooking Oil
- Salt & Pepper
- Butter

*chef's tip

While not traditional, adding soy sauce is a cheffy "hack" to add umami and round out the flavour of many dishes.

Full nutritional information is provided on the meal kit bag.

** Health Canada recommends cooking pork to a minimum internal temperature of 160°F.



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1 Prepare Ingredients

- Read the entire recipe card.
- Wash and dry all produce.
- Cut **zucchini** into 1/4-inch half-moons.
- Cut **onion** into 1/4-inch pieces.
- Mince **garlic**.



3 Cook Veggies

- In the same pan, heat 1/2 **tbsp butter** (double for 4 portions) over medium-high.
- When **butter** is melted, add **onions, zucchini and garlic**. Reduce heat to medium. Cook, stirring occasionally, for 6-8 min, until tender. Season with **salt and pepper**.



5 Finish Ragu, Assemble Pasta and Serve

- While **spaghetti** cooks, to the pan with **veggies**, add **pork** and stir to combine.
- Add **crushed tomatoes, half the sun-dried tomato pesto** (use all for 4 portions), **reserved cooking water** and **half the Parmesan**. Bring up to a boil, then reduce heat to medium. Cook, stirring often, for 2-3 min, until warmed through. Season with **salt and pepper**.
- To the **spaghetti**, add **ragu** and toss to coat.
- Serve **pasta** with **remaining Parmesan** sprinkled over top.
- Enjoy!



2 Cook Pork

- In a large non-stick pan, heat 1/2 **tbsp oil** (double for 4 portions) over medium-high heat.
- When pan is hot, add **pork, soy sauce*** and **Italian Herb Spice Blend**. Cook, breaking up **pork** with a spoon, for 4-5 min, until no longer pink.**
- Season with **salt and pepper**. Set aside.



4 Cook Spaghetti

- While **veggies** cook, add **spaghetti** to boiling **water**. Cook for 8-10 min, until tender but still firm to the bite.
- Reserve 1/3 **cup cooking water** (double for 4 portions).
- Strain and return **spaghetti** to the same pot.