



Everything  
But The Chef

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## Blushing Pork & Fennel Meatballs with Spicy Tomato Sauce

In need of some comfort food before Valentine's Day? – don't panic HelloFresh have this one in the bag – or should we say box? These amazing meatballs are sure to make even the coldest of hearts blush – and our spicy sauce will definitely add some passion to your night!



30 mins



level 1



spicy



Pork Mince



Fennel Seeds



Garlic



Spaghetti



Baby Spinach



Chilli



Red Onion



Diced Tomatoes



Tomato Paste

2P	4P	Ingredients
1/2 tsp	1 tsp	HelloFresh fennel seeds
100 ml	200 ml	white wine (optional)*
1 tsp	2 tsp	sea salt*
300 g	600 g	pork mince
250 g	500 g	spaghetti pasta
1 tbs	2 tbs	olive oil*
1/2	1	red onion, diced ⊕ A
2	4	garlic cloves, peeled & crushed ⊕
1	2	chilli, deseeded & chopped
70 g	140 g	baby spinach, washed ⊕
2 tins	4 tins	diced tomatoes
50 g	100 g	tomato paste

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2400	Kj
Protein	45	g
Fat, total	26.7	g
-saturated	7.3	g
Carbohydrate	34.1	g
-sugars	7.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** In a bowl add the **fennel seeds**, half of the **wine**, **salt**, and **pork mince** and mix together thoroughly. Roll your fennel and pork mince into balls, as big or as small as you like. Heat some oil in a pan over a medium-high heat and add the meatballs, cook for **2 minutes** on each side and then place onto a lined baking tray and pop them into the oven for a further **5-7 minutes** or until cooked through.



**3** Meanwhile, in a large pot bring some salted water to the boil. Add the **spaghetti** and a drizzle of olive oil to the boiling water and cook for approximately **10 minutes** or until al dente, stirring regularly to ensure it does not stick, the oil will help with this!

**4** While the pasta is boiling we can prepare our sauce. Heat some **oil** in a pan over a medium-high heat, add the **onion**, **garlic**, and **chilli** and sauté for **2-3 minutes**. Stir in the **diced tomatoes**, **tomato paste**, and the remaining wine and cook for **8 minutes**, taste and adjust seasoning accordingly. At the last minute add the **baby spinach** and stir through until wilted, remove the pan from the heat.



**5** Divide the spaghetti between bowls, followed by the spicy tomato sauce, and finally top with the pork and fennel meatballs.

