



Everything
But The Chef

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Italian Spaghetti and Meatballs

Goodness gracious great balls of fennel! Nonna's pork and fennel mince is back by popular demand, this time in the form of moreish meatballs. Our good friend cavolo nero has come to the party to bring a bit of green to the scene. Get ready to rock and roll, this one is sure to cause a scene in your kitchen.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



farm fresh
wash first



level 2



nut
free

Pantry Items: Olive Oil, Water



Pork & Fennel
Meatball Mix



Brown Onion



Garlic



Diced Tomatoes



Spaghetti



Cavolo Nero



Parmesan Cheese



Parsley

2P	4P	Ingredients
300 g	600 g	pork & fennel meatball mix
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	diced tomatoes
½ cup	1 cup	water *
2 leaves	4 leaves	cavolo nero, stems removed & finely sliced
½ packet	1 packet	spaghetti
⅓ block	⅔ block	Parmesan cheese, flaked
1 tbs	2 tbs	finely chopped parsley, to garnish

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3790	Kj
Protein	47.2	g
Fat, total	34.5	g
-saturated	11.4	g
Carbohydrate	95.9	g
-sugars	8	g
Sodium	388	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, garlic crusher, grater, large cast iron pot or large saucepan, spatula, bowl, large saucepan, strainer and pasta spoon.

1 Boil a full kettle of water (this will make cooking the pasta quicker in step 4).

2 Roll the **pork & fennel meatball mince** into meatballs (you should get five per person). Heat half of the **olive oil** in a large cast iron pot or large saucepan over a medium-high heat. Add the meatballs and cook, turning, for **3-4 minutes** or until golden (don't worry, the meatballs will cook fully in the next step). Remove the meatballs and set aside in a bowl.

3 Add the remaining olive oil to the same pot over a medium-high heat. Add the **brown onion** and cook for **5 minutes** or until soft. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **diced tomatoes, water** and **cavolo nero**. Season with **salt** and **pepper** and bring to a simmer, then add the meatballs back to the pan. Reduce the heat to a medium-low, and cook for a final **15 minutes**, or until the liquid has reduced slightly.

4 Meanwhile, fill a large saucepan with the water from the kettle, add salt and bring to the boil. Add the **spaghetti** and cook according to packet directions, or until 'al dente'. Drain.

5 To serve, divide the spaghetti and meatballs between bowls and garnish with the flaked **Parmesan cheese** and **parsley**.



Did you know? Cavolo nero is also known as Tuscan cabbage or black kale and has been grown in Tuscany since 600BC.