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Italian Pork & Rosemary Meatballs with Tomato Sugo

A simple but lovely little dish. Sugo is a rich sauce of tomatoes, garlic and onion used throughout Italian cooking. Its intensity clings to every piece of pasta in the bowl. Along with tender, juicy meatballs bursting with rosemary flavour, every bite of this dinner is divine.

 **Prep:** 15 mins
 **Cook:** 30 mins
Total: 45 mins

 level 1

 nut free

 helping hands

Pantry Items



Olive Oil



White Sugar



Water



Pork Mince



Garlic



Brown Onion



Rosemary



Diced Tomatoes



Baby Spinach



Penne Pasta



Parmesan Cheese

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QTY	Ingredients	
600 g	pork mince	
1 bunch	rosemary, leaves picked & finely chopped	
2 cloves	garlic, peeled & crushed	⊕
1 ½ tbs	olive oil *	
1	brown onion, diced	🍃
2 tins	diced tomatoes	
½ cup	hot water *	
1 tsp	white sugar *	
½ bag	baby spinach, washed	⊕
1 packet	penne pasta	
½ block	Parmesan cheese, grated	⊕

⊕ Ingredients features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3300	Kj
Protein	50	g
Fat, total	19.4	g
-saturated	6.1	g
Carbohydrate	98.4	g
-sugars	9.3	g
Sodium	191	mg



You will need: *chef's knife, chopping board, garlic crusher, box grater, kettle, large frying pan, large pot, gloves, two plates and a colander.*

1 Bring a kettle full of water to the boil.

2 In a large bowl combine the **pork mince**, **rosemary**, half the **garlic** and some **salt** and **pepper**. Using gloved hands roll the mixture into 16 evenly shaped meatballs and place on a plate.

3 Heat half the **olive oil** in a large frying pan over a medium-high heat. Cook the meatballs for **7-8 minutes** until browned on the outside. Set aside on a plate.

4 In the same pan, heat the remaining olive oil over a medium-high heat. Add the **brown onion** and cook for **5-6 minutes** or until softened. Add the remaining garlic, cook for **1 minute** or until fragrant. Stir in the **diced tomatoes** and **hot water**. Bring the mixture to the boil, then reduce to a low heat. Add the **white sugar** and season to taste. Add the meatballs back to the pan and simmer on a low heat for **15 minutes**, stirring occasionally, until the sauce thickens slightly (if the sauce reduces too much, add a little more water to the pan). Stir through the **baby spinach** until wilted.

5 Meanwhile, bring a large pot of salted water to the boil. Add the **penne pasta** to the boiling water and cook for approximately **10 minutes** or until 'al dente', stirring regularly to ensure the pasta does not stick. Strain and then refresh the pasta with a bit of cold water to stop it from sticking.

6 Divide the pasta between bowls and top with the Italian pork meatballs, sauce and **grated Parmesan cheese**.

