



Red Pesto Pork Meatballs

with Fettuccine & Parmesan

MONTHLY SPECIAL

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Garlic



Pork Mince



Fine Breadcrumbs



Red Pesto



Fettuccine



Tomato Paste



Passata



Garlic & Herb Seasoning



Beef-Style Stock Powder



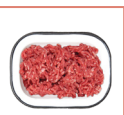
Baby Spinach Leaves



Shaved Parmesan Cheese



Parsley



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

In these meatballs with a twist (which the kids will have a blast mixing and rolling), our rich red pesto works wonders with pork mince. The al dente fettuccine strands soak up the veggie-loaded sauce like a treat, and a sprinkle of sharp Parmesan adds the finishing touch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
fettuccine	1 medium packet	1 large packet
tomato paste	1 packet	1 packet
passata	1 box	2 boxes
garlic & herb seasoning	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
butter*	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
parsley	1 bag	1 bag
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4150kJ (992Cal)	770kJ (184Cal)
Protein (g)	45.3g	8.4g
Fat, total (g)	44.6g	8.3g
- saturated (g)	15.5g	2.9g
Carbohydrate (g)	97.9g	18.2g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1398mg	259mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4176kJ (998Cal)	775kJ (185Cal)
Protein (g)	48.7g	9g
Fat, total (g)	43.7g	8.1g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	97.9g	18.2g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1400mg	260mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Bring a large saucepan of salted water to the boil.
- Grate **carrot**.
- Finely chop **garlic**.

Little cooks: Older kids can help grate the carrot under adult supervision.



Start the sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Add **carrot, garlic** and **tomato paste** and cook until fragrant, **1 minute**.
- Stir in **passata**, reserved **pasta water, garlic & herb seasoning, beef-style stock powder** and the **brown sugar**, then bring to a simmer, **1 minute**.



Make the meatballs

- In a medium bowl, combine **pork mince, fine breadcrumbs, red pesto** and a pinch of **salt**.
- Using damp hands, gently shape heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the mixture and rolling it into meatballs!

Custom Recipe: If you've swapped to beef mince, prepare the beef meatballs in the same way as the pork meatballs.



Finish the sauce

- Return **meatballs** to the pan, then cover with a lid or foil. Reduce heat to medium, then simmer until **meatballs** are cooked through, **6-7 minutes**.
- Remove from heat. Add **baby spinach leaves**, the **butter** and **fettuccine**, tossing, until well combined. Season to taste.

TIP: Add a dash of water to loosen the sauce if needed!



Cook the pasta & meatballs

- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then drain and return **pasta** to saucepan. Drizzle with **olive oil** to prevent sticking.
- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned, **5-6 minutes** (the meatballs will continue cooking in step 5!). Transfer to a plate.

Custom Recipe: Cook the beef meatballs in the same way as the pork meatballs.



Serve up

- Divide fettuccine and red pesto pork meatballs between plates.
- Sprinkle with **shaved Parmesan cheese** and tear over **parsley** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate