



# Pork & Red Pesto 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



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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
garlic & herb seasoning	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
<b>butter*</b>	20g	40g
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
parsley	1 bag	1 bag
beef mince**	1 small packet	1 large 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](https://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**.
- Add 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 ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.

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



## 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 **pasta** and return 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** until browned, **5-6 minutes** (the meatballs will continue cooking in step 5!). Transfer to a paper towel-lined plate.

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



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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