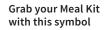


Pork & Red Pesto Meatballs

with Fettuccine & Parmesan

MONTHLY SPECIAL

KID FRIENDLY















Pork Mince







Fettuccine





Tomato Paste



Seasoning



Beef-Style

Baby Spinach Stock Powder



Shaved Parmesan





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.

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

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	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		
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 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 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.



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.



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.



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**.



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!



Serve up

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



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