



Pork & Red Pesto Meatballs

with Fettuccine & Parmesan



Zucchini



Carrot



Garlic



Pork Mince



Fine Breadcrumbs



Red Pesto



Fettuccine



Tomato Paste



Passata



Garlic & Herb Seasoning



Beef-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: 20-30 mins
Ready in: 30-40 mins

A twist on classic meatballs, our rich red pesto works wonders with pork mince in this hearty, crowd-pleasing meal, complete with a healthy dose of veggies.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
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 packet	2 packets
tomato paste	1 packet	2 packets
passata	1 box	2 boxes
garlic & herb seasoning	1 sachet	2 sachets
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	(60g)

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4386kJ (1048Cal)	695kJ (166Cal)
Protein (g)	47.8g	7.6g
Fat, total (g)	45g	7.1g
- saturated (g)	15.6g	2.5g
Carbohydrate (g)	105.6g	16.7g
- sugars (g)	23.1g	16.7g
Sodium (mg)	1556mg	247mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **zucchini** into half-moons. Grate the **carrot**. Finely chop the **garlic**.



Make the meatballs

In a medium bowl, combine the **pork mince**, **fine breadcrumbs**, **red pesto** and a pinch of **salt**. Using damp hands, take a heaped spoonful of the **pork mixture** and gently shape into a small meatball. Set aside on a plate and repeat with the remaining **mixture**. You should get 4-5 meatballs per person.



Cook the pasta & meatballs

Add the **fettuccine** to the boiling water and cook until 'al dente', **9 minutes**. While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **pork meatballs** and cook until browned, **5-6 minutes** (the meatballs will continue cooking in step 5).

Transfer to a plate. Once the pasta is cooked, reserve some **pasta water** ($\frac{1}{2}$ cup for 2 people / 1 cup for 4 people), then drain and return to the saucepan. Drizzle with **olive oil** to prevent sticking.



Start the sauce

Return the large frying pan to a medium-high heat. If needed, add a drizzle of **olive oil**. Cook the **zucchini**, **tossing**, until lightly browned, **2-3 minutes**. Add the **carrot**, **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add the **passata**, **reserved pasta water**, **garlic & herb seasoning**, **beef-style stock powder** and **brown sugar**, then bring to a simmer, **1-2 minutes**.



Finish the sauce

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

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



Serve up

Divide the pork and red pesto meatballs with fettuccine between plates. Serve sprinkled with the **grated Parmesan cheese**.

Enjoy!

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