

GREEN
CHEF

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Double Cheesy Pork Meatball Marinara

with Rocket and Aubergine

Cook time: 30-35 mins | **Servings:** 2 or 4 portions

K
Keto

Carbs	Protein	Fat	Calories	5-a-day
10.9g	43.2g	58.6g	752 Kcal	2 portions
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a baking tray, garlic press, bowl, baking paper, saucepan, grater and ovenproof dish.

Ingredients

Ingredients	2 people	4 people
Aubergine** 69)	1	2
Garlic Clove**	2	4
Pork Mince**	300g	600g
Passata Di Pomodoro	1 carton	2 cartons
Chicken Stock Paste	5g	10g
Dried Oregano	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	60g	120g
Parmigiano Reggiano** 7)	20g	40g
Rocket**	40g	80g
Salt for the Meatballs*	¼ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	2 tbsp
Oil for Cooking*	2 tbsp	4 tbsp

*Not Included ** Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	3147 / 752	646 / 154
Fat (g)	58.6	12.0
Sat. Fat (g)	22.3	4.6
Carbohydrate (g)	10.9	2.2
Sugars (g)	9.3	1.9
Protein (g)	43.2	8.9
Salt (g)	2.84	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

May contain: 69) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.

Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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Now, let's get cooking!



Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **aubergine**, then cut it into 2cm pieces. Place on a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through cooking. Meanwhile, peel and grate the **garlic** (or use a garlic press).



Grate the **Cheddar cheese**. Turn your grill on high. When cooked, place the **roasted aubergine** and **meatballs** into an ovenproof dish and mix together. Pour the **marinara sauce** over the top. Sprinkle with **Cheddar** and most of the **Parmigiano Reggiano**. When hot, grill until the **cheese** is bubbly and melted, 5-6 mins.



While the **aubergine** roasts, put the **pork mince**, **half** of the **garlic** and the **salt** (see ingredients for amount) in a medium bowl and season with **pepper**. Using your hands, mix until very well combined. Shape into evenly sized balls, 5 per person. Place on a lined baking tray. Roast on the middle shelf of the oven until browned, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The meatballs are cooked when no longer pink in the middle.



Toss the **rocket** in the **olive oil for the dressing** (see ingredients for amount) and the remaining **Parmigiano Reggiano**. If you'd like to, season with **salt** and **pepper**.



Meanwhile, heat a medium saucepan on medium-high heat with a drizzle of **oil**. Fry the remaining **garlic** for 1 min, then add the **passata**, **chicken stock paste** and **dried oregano**. Stir, bring to the boil, then reduce the heat to medium and simmer for 5-6 mins. Season with **salt** and **pepper**. This is your **marinara sauce**.



Serve the **cheesy meatball marinara** with the **rocket**.

Enjoy!



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