

GREEN  
CHEF

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## Herbed Pork Meatballs

with Pesto Courgetti and Parmigiano Reggiano

**Cook time:** 20-25 mins | **Servings:** 2 or 4 portions

Carbs	Protein	Fat	Calories	5-a-day
8.5g	34.7g	51.3g	641 Kcal	1 portion
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 garlic press, bowl, baking paper, baking tray, spiralizer, peeler and frying pan.

## Ingredients

Ingredients	2 people	4 people
Garlic Clove**	2	4
Pork Mince**	300g	600g
Italian Style Herbs	1 sachet	2 sachets
Courgette** (69)	2	4
Fresh Pesto** (7)	50g	100g
Rocket**	40g	80g
Parmigiano Reggiano** (7)	20g	40g
<b>Pantry</b>	<b>2 people</b>	<b>4 people</b>
Salt for the Meatballs*	¼ tsp	½ tsp
Olive Oil for the Pesto*	1 tbsp	2 tbsp

\*Not Included \*\* Keep in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2682 / 641	612 / 146
Fat (g)	51.3	11.7
Sat. Fat (g)	16.9	3.9
Carbohydrate (g)	8.5	2.0
Sugars (g)	5.5	1.3
Protein (g)	34.7	7.9
Salt (g)	1.69	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal)

## 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. Peel and grate the **garlic** (or use a garlic press). In a medium bowl, add the **pork mince**, **Italian style herbs**, **garlic** and **salt** (see pantry). Season with **pepper**. Using your hands, mix everything together until well combined. Shape the **mixture** into evenly sized balls, 5 per person. Place on a lined baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



In a small bowl, combine the **pesto** and **olive oil** (see pantry).



Roast the **meatballs** on the middle shelf of your oven until browned, 14-16 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Heat a large frying pan on medium-high heat. Once hot, add the **courgetti**. Pour over the **pesto dressing** and use tongs to coat well. Cook to warm through, 2-4 mins. Stir regularly. Season with **salt** and **pepper**.



Meanwhile trim the **courgettes**. If you have a spiralizer, use it on the **courgettes**. If not, use a peeler to shave them into ribbons, running it down all sides of the **courgette** evenly until you reach the spongy centre. Pile the ribbons on top of each other and cut them lengthways to create '**spaghetti**'.



Divide the **pesto courgetti** between your bowls and top with the **rocket** and **herby meatballs**. Sprinkle the **Parmigiano Reggiano** over to finish.

Enjoy!



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