



# Pork Meatballs in Rich Tomato Sauce

with Rigatoni, Spinach and Cheese

Family 30-35 Minutes • 1 of your 5 a day

3



Garlic Clove



Mixed Herbs



Breadcrumbs



Pork Mince



Rigatoni Pasta



Dried Oregano



Tomato Passata



Red Wine Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, bowl, baking tray, colander and frying pan.

## Ingredients

| Ingredients                                    | 2P       | 3P         | 4P        |
|------------------------------------------------|----------|------------|-----------|
| Garlic Clove**                                 | 2        | 3          | 4         |
| Mixed Herbs                                    | 1 sachet | 1 sachet   | 2 sachets |
| Breadcrumbs <b>13)</b>                         | 10g      | 18g        | 25g       |
| Pork Mince**                                   | 240g     | 360g       | 480g      |
| Rigatoni Pasta <b>13)</b>                      | 180g     | 270g       | 360g      |
| Dried Oregano                                  | 1 sachet | 1 sachet   | 2 sachets |
| Tomato Passata                                 | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Stock Paste <b>14)</b>                | 28g      | 42g        | 56g       |
| Baby Spinach**                                 | 40g      | 60g        | 80g       |
| Grated Hard Italian Style Cheese* <b>7) 8)</b> | 20g      | 30g        | 40g       |
| Beef Mince**                                   | 240g     | 360g       | 480g      |

| Pantry                     | 2P     | 3P     | 4P     |
|----------------------------|--------|--------|--------|
| Salt for the Breadcrumbs*  | ¼ tsp  | ½ tsp  | ½ tsp  |
| Water for the Breadcrumbs* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sugar for the Sauce*       | 1 tsp  | 1½ tsp | 2 tsp  |
| Water for the Sauce*       | 100ml  | 150ml  | 200ml  |
| Butter*                    | 20g    | 30g    | 40g    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |           |             |           |
|-------------------------|---------------|-----------|-------------|-----------|
|                         | Per serving   | Per 100g  | Per serving | Per 100g  |
| for uncooked ingredient | 448g          | 100g      | 448g        | 100g      |
| Energy (kJ/kcal)        | 3598 / 860    | 804 / 192 | 3372 / 806  | 753 / 180 |
| Fat (g)                 | 39.0          | 8.7       | 32.4        | 7.2       |
| Sat. Fat (g)            | 17.1          | 3.8       | 15.9        | 3.5       |
| Carbohydrate (g)        | 85.2          | 19.0      | 84.9        | 19.0      |
| Sugars (g)              | 13.5          | 3.0       | 13.2        | 3.0       |
| Protein (g)             | 41.0          | 9.2       | 44.3        | 9.9       |
| Salt (g)                | 3.76          | 0.84      | 3.81        | 0.85      |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Make your Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **mixed herbs**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince** and **half the garlic**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Add the Spinach

Once the **sauce** has thickened, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Stir in the **butter** (see pantry for amount) until melted.



## Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The **meatballs** are cooked when no longer pink in the middle.

Once boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

When cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Combine and Stir

Once the **meatballs** and **pasta** are cooked, stir them through the **tomato sauce**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** is a little too thick.



## Simmer the Tomato Sauce

While the everything cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the remaining **garlic** and fry for 1 min.

Stir in the **dried oregano**, **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat to medium until the **sauce** is simmering.

Cook, stirring occasionally, until slightly thickened, 4-5 mins.



## Serve

Share the **meatball pasta** between your bowls.

Sprinkle over the **hard Italian style cheese** to finish.

## Enjoy!