



Italian Pork Meatballs & Tomato Sugo

with Cauli-Potato Mash & Salad

Grab your Meal Kit
with this symbol



Cauliflower



Potato



Pork Mince



Garlic & Herb
Seasoning



Grated Parmesan
Cheese



Cucumber



Brown Onion



Garlic



Spinach &
Rocket Mix



Passata



Chicken-Style
Stock Powder



Hands-on: **20-30 mins**



Ready in: **30-40 mins**



Naturally Gluten-Free

Not suitable for coeliacs



Carb Smart

Proof that comfort food doesn't have to be carb-heavy, you're in for a real treat with tonight's Italian-inspired meatballs and mash, complete with a vibrant sugo you're going to want to whip up on repeat.

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar,
Brown Sugar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
milk*	½ tbs	1 tbs
butter*	50g	100g
pork mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cucumber	1	2
brown onion	½	1
garlic	2 cloves	4 cloves
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 medium bag	1 large bag
passata	1 box	2 boxes
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	432kJ (103Cal)
Protein (g)	37.8g	6g
Fat, total (g)	38.8g	6.2g
- saturated (g)	21.6g	3.4g
Carbohydrate (g)	35.2g	5.6g
- sugars (g)	15.6g	2.5g
Sodium (mg)	1373mg	218mg
Dietary Fibre (g)	8.7g	1.4g

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.

1



Make the cauli-potato mash

Bring a medium saucepan of salted water to the boil. Roughly chop **cauliflower** into small florets. Peel **potato** and cut into bite-sized chunks. Cook **cauliflower** and **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, then return to the pan. Add the **milk** and 1/2 the **butter**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

2



Prep the meatballs

While the veggies are cooking, combine the **pork mince**, **garlic & herb seasoning** and **grated Parmesan cheese** in a medium bowl. Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

3



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a bowl.

TIP: Cook the meatballs in batches if your pan is getting crowded.

4



Prep the salad

While meatballs are cooking, slice **cucumber** into half-moons. Roughly chop **brown onion** (see ingredients). Finely chop **garlic**. In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then top with **cucumber** and **spinach & rocket mix**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp.

5



Make the sugo

Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **onion**, stirring, until tender, **3-4 minutes**. Add **garlic** and cook until fragrant, **30 seconds**. Reduce heat to medium, then add **passata**, **chicken-style stock powder**, a pinch of **brown sugar** and the remaining **butter**. Cook, stirring, until slightly thickened **3-4 minutes**.

6



Serve up

Toss the salad. Divide cauli-potato mash between plates. Top with Italian pork meatballs, spooning over the tomato sugo. Serve with the salad.

Enjoy!

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