



**DINNER - PORK MEATBALLS & SPAGHETTI**  
**LUNCH - ITALIAN MEATBALL SALAD WRAP**

**DINNER TO LUNCH**

Cook once,  
eat twice!

**DINNER**



**LUNCH**

**DINNER**  
 Hands-on: **40 mins**  
 Ready in: **45 mins**

**LUNCH**  
 Ready in: **10mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Start with a classic dinner of spaghetti and meatballs, then enjoy the extra meatballs in a fresh pesto and salad wrap at lunchtime. Extra delicious!



Garlic



Oregano



Pork Mince



Italian Herbs



Fine Breadcrumbs



Spaghetti



Brown Onion



Celery



Carrot



Cherry Tomatoes



Tomato Paste



Passata



Basil



Shaved Parmesan  
Cheese



Chilli Flakes (Optional)



Classic Wraps



Creamy Pesto  
Dressing



Mixed Salad  
Leaves

**Pantry Staples:** Olive Oil, Eggs, Butter

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large frying pan** • **medium saucepan**

## DINNER



### 1 MAKE THE MEATBALLS

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **oregano** leaves. In a large bowl, combine the **pork mince**, **Italian herbs**, **eggs**, **fine breadcrumbs**, the **salt**, **1/2** the garlic, **1/2** the oregano and a **pinch** of **pepper**. Using damp hands, take a heaped spoonful of the pork mixture and shape into a meatball. Transfer to a plate and repeat with the remaining mixture.



### 2 COOK THE MEATBALLS & PASTA

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Cook the meatballs, turning, until browned and cooked through, **10-12 minutes**. Transfer to a plate. While the meatballs are cooking, add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve some **pasta water (1/2 cup for 2 people / 1 cup for 4 people)**. Drain the pasta and return to the saucepan. **Drizzle** with a little **olive oil** to prevent sticking and cover with a lid to keep warm.



### 3 START THE SAUCE

Finely chop the **brown onion** and **celery**. Grate the **carrot** (unpeeled). Slice the **cherry tomatoes** in half. Return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the onion, celery and carrot and cook, stirring often, until softened, **3-4 minutes**. Add the **tomato paste** and the **remaining garlic** and **oregano** and cook until fragrant, **1 minute**.



### 4 FINISH THE SAUCE

Add the **passata**, some **reserved cooking water (1/4 cup for 2 people / 1/2 cup for 4 people)** and **1/2** the **cherry tomatoes** to the frying pan. Bring to the boil, then reduce the heat to medium-low and simmer until thickened, **5-7 minutes**. Stir through the **butter** and season to taste with **salt**, **sugar** and **pepper**. Reserve about 10 meatballs for your lunch, then add the remaining meatballs to the sauce to heat through. **TIP:** Add a splash more cooking water for a looser sauce.



### 5 SERVE UP DINNER

While the sauce is cooking, pick and thinly slice the **basil** leaves. Divide the **spaghetti** between bowls and spoon over the **meatballs** and sauce. Sprinkle with the **shaved Parmesan cheese**, a **pinch** of **chilli flakes** (if using) and garnish with the basil.

## LUNCH



### 6 MAKE LUNCH

When you're ready to pack lunch, cut the **reserved meatballs** in half and divide between two microwavable containers. Divide the classic wraps, **creamy pesto dressing**, **remaining cherry tomatoes** and **mixed salad leaves** between two lunch packages. Refrigerate. At lunch, microwave the meatballs in **30 second bursts** until heated through. Spread the wraps with creamy pesto dressing. Top with salad leaves, cherry tomatoes and meatballs.

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
oregano	1 bunch	1 bunch
pork mince	1 packet	1 large & 1 small packet
Italian herbs	2 sachets	3 sachets
eggs*	2	2
fine breadcrumbs	2 packets	3 packets
salt*	¾ tsp	1½ tsp
spaghetti	1 packet	2 packets
brown onion	1	2
celery	1 stalk	2 stalks
carrot	1	2
cherry tomatoes	1 punnet	2 punnets
tomato paste	1 sachet	2 sachets
passata	2 boxes (400 g)	4 boxes (800 g)
butter*	40 g	80 g
basil	1 punnet	1 punnet
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)
chilli flakes (optional)	pinch	pinch
classic wraps	4	4
creamy pesto dressing	2 tubs (100 g)	2 tubs (100 g)
mixed salad leaves	1 bag (60 g)	1 bag (60 g)

\*Pantry Items

## NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	4410kJ (1050Cal)	587kJ (140Cal)
Protein (g)	66.0g	8.8g
Fat, total (g)	37.5g	5.0g
- saturated (g)	20.3g	2.7g
Carbohydrate (g)	104g	13.8g
- sugars (g)	19.7g	2.6g
Sodium (g)	1150mg	152mg

  

LUNCH	PER SERVING	Per 100G
Energy (kJ)	3390kJ (809Cal)	871kJ (208Cal)
Protein (g)	36.3g	9.3g
Fat, total (g)	50.1g	12.9g
- saturated (g)	7.4g	1.9g
Carbohydrate (g)	52.6g	13.5g
- sugars (g)	4.2g	1.1g
Sodium (g)	907mg	233mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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