

MINI PARMESAN PORK MEATBALLS

with Pan-Roasted Pumpkin & Greens



Master the art of cooking meatballs





Peeled Pumpkin





Parmesan Cheese





Rosemary

Pork & Veal Mince





Fine Breadcrumbs

Lemon

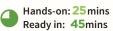




Garlic Aioli

Green Beans

Pantry Staples: Olive Oil, Butter, Eggs



We love this meal - full of twists on the classic meat and veg. Pork and veal mince is a great base for big bold flavours and with Parmesan and rosemary partnering up, you can banish memories of boring meatballs forever.

H U



Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, garlic crusher, fine grater, two large frying pans, lid, wooden spoon, medium bowl, plate and a spoon.

4-5 PEOPLE **INGREDIENTS**



GET PREPPED

Dice the **peeled pumpkin** into 1 cm chunks. Peel and crush the garlic. Finely grate the Parmesan cheese. Pick the rosemary leaves and roughly chop to get 1 tbs. Chop the broccoli into small 2 cm florets and finely dice the stalks. Trim the ends off the green beans and slice in half. Slice the lemon into wedges.



COOK THE PUMPKIN

Heat a good drizzle of olive oil in a large frying pan over a medium-high heat. Add the pumpkin and cook, stirring occasionally, for 10-12 minutes or until tender and golden.



MAKE THE MEATBALLS

While the pumpkin is cooking, combine the pork & veal mince, eggs, fine breadcrumbs, garlic, Parmesan cheese and rosemary in a medium bowl. Season with a pinch of salt and pepper. Take 1 heaped tbs of the **pork mixture** and shape into a mini meatball. Set aside on a plate and repeat with the remaining mixture.

TIP: The mixture should make 4-5 meatballs per person.



Divide the mini Parmesan pork meatballs and pan-roasted pumpkin & greens between plates. Top with a dollop of garlic aioli. Serve the lemon wedges on the side to squeeze over the adults' portions.

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	4-5P	
olive oil*	refer to method	
peeled pumpkin	1 packet	
garlic	2 cloves	
Parmesan cheese	1 block (50 g)	
rosemary	1 bunch	
broccoli	1 head	
green beans	1 bag	
lemon	1	
pork & veal mince	1 packet	
egg*	2	
fine breadcrumbs	1 packet (½ cup)	
butter*	20 g	
garlic aioli	1 tub (100 g)	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2780kJ (663Cal)	528kJ (126Cal)
Protein (g)	44.5g	8.5g
Fat, total (g)	38.6g	7.3g
- saturated (g)	12.0g	2.3g
Carbohydrate (g)	31.3g	5.9g
- sugars (g)	13.2g	2.5g
Sodium (g)	529mg	101mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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ADD THE VEGGIES

Add the **broccoli** and **green beans** to the pan with the **pumpkin** and cook, tossing, for 6-7 minutes, or until tender.

TIP: Add a dash of water to speed up the cooking process! Add the **butter** and stir through until melted. Season with a generous pinch of salt and pepper.

Remove from the heat and cover with a lid to keep warm.



COOK THE MEATBALLS

While the veggies are cooking, heat a drizzle of olive oil in a second large frying pan over a medium-high heat. Add the **pork** meatballs and cook for 8-10 minutes, flipping regularly, or until browned all over and cooked through.

TIP: The meatballs are cooked when they are no longer pink in the middle.

SERVE UP