



MINI PARMESAN PORK MEATBALLS

with Pan-Roasted Pumpkin & Greens



Master the art of cooking meatballs



Peeled Pumpkin



Broccoli



Garlic



Parmesan Cheese



Rosemary



Pork & Veal Mince



Fine Breadcrumbs



Lemon



Garlic Aioli



Green Beans

Hands-on: 25 mins
Ready in: 45 mins

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.

Pantry Staples: Olive Oil, Butter, Eggs

BEFORE YOU START

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**.



1 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.



2 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.



3 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.



4 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.



5 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.



6 SERVE UP

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.

ENJOY!

4-5 PEOPLE INGREDIENTS

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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