



# Pork & Red Pesto Meatballs

with Fettuccine & Parmesan



Zucchini



Carrot



Garlic



Pork Mince



Fine Breadcrumbs



Red Pesto



Fettuccine



Tomato Paste



Passata



Garlic & Herb Seasoning



Beef-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

A twist on classic meatballs, our rich red pesto works wonders with pork mince in this hearty, crowd-pleasing meal, complete with a healthy dose of veggies.

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
garlic	2 cloves	4 cloves
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
fettuccine	1 packet	2 packets
tomato paste	1 packet	2 packets
passata	1 box	2 boxes
garlic & herb seasoning	1 sachet	2 sachets
beef-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4386kJ (1048Cal)	695kJ (166Cal)
Protein (g)	47.8g	7.6g
Fat, total (g)	45g	7.1g
- saturated (g)	15.6g	2.5g
Carbohydrate (g)	105.6g	16.7g
- sugars (g)	23.1g	16.7g
Sodium (mg)	1556mg	247mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Bring a large saucepan of salted water to the boil. Thinly slice the **zucchini** into half-moons. Grate the **carrot**. Finely chop the **garlic**.



## Start the sauce

Return the large frying pan to a medium-high heat. If needed, add a drizzle of **olive oil**. Cook the **zucchini, tossing**, until lightly browned, **2-3 minutes**. Add the **carrot, garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add the **passata, reserved pasta water, garlic & herb seasoning, beef-style stock powder** and **brown sugar**, then bring to a simmer, **1-2 minutes**.



## Make the meatballs

In a medium bowl, combine the **pork mince, fine breadcrumbs, red pesto** and a pinch of **salt**. Using damp hands, take a heaped spoonful of the **pork mixture** and gently shape into a small meatball. Set aside on a plate and repeat with the remaining **mixture**. You should get 4-5 meatballs per person.



## Finish the sauce

Add the **meatballs** to the **sauce**, then cover with a lid or foil. Reduce the heat to medium, then simmer until the meatballs are cooked through, **6-7 minutes**. Remove the frying pan from the heat. Add the **baby spinach leaves, butter** and **fettuccine**, tossing until well combined. Season with **salt** and **pepper** to taste.

**TIP:** Add a dash of water to loosen the sauce if needed!



## Cook the pasta & meatballs

Add the **fettuccine** to the boiling water and cook until 'al dente', **9 minutes**. While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **pork meatballs** and cook until browned, **5-6 minutes** (the meatballs will continue cooking in step 5). Transfer to a plate. Once the pasta is cooked, reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain and return to the saucepan. Drizzle with **olive oil** to prevent sticking.



## Serve up

Divide the pork and red pesto meatballs with fettuccine between plates. Serve sprinkled with the **grated Parmesan cheese**.

## Enjoy!

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