

## Italian Polpetti Soup with Fusilli and Fresh Pesto

As far back as 1897, Pellegrino Artusi, author of La Scienza in Cucina e L'Arte di Mangiare Bene, (The Science of Cooking and the Art of Eating Well), included three recipes for 'polpetti'. In Tuscany they were a favourite of housewives who frugally made them using scraps of meat and bread to feed their hungry families. We are of course referring to the (not so humble) meatball. Here we've jazzed up the recipe with Parmesan and a kick of chilli to tickle your tastebuds.



25 min



spicy



Flat Leaf Parsles



Garlic Clove



.



Echalion Shallo



Vegetable Stock Pot



Organic Chopped Tomatoes



Beef Mince



Parmesan



Chill: Thalas



Tunil



Ciabatta

Ingredients	2P	4P
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Garlic Clove, diced	2	3
Carrot, cubed	⅓ cup	⅔ cup
Echalion Shallot, chopped	1 tbsp	2 tbsp
Vegetable Stock Pot 1	1	2
Organic Chopped Tomatoes	1 tin	2 tins
Beef Mince	220g	440g
Parmesan, grated 2	2 tbsp	4 tbsp
Chilli Flakes	½ tsp	1 tsp
Fusilli 3	1 cup	2 cups
Ciabatta 3	1	2

May feature in another recipe

Our produce comes fresh from the farm so give it a little wash before using

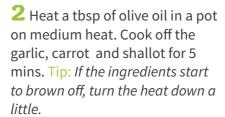
## **Allergens**

- 1) Celery | 2) Milk
- 3) Gluten

Nutrition per serving: Calories: 669 kcal | Protein: 31 g | Carbs: 68 g | Fat: 28 g | Saturated Fat: 10 g

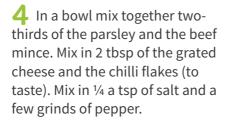


1 Boil 600ml of water. Very finely chop ¼ cup parsley. Peel and finely dice the garlic. Peel the carrot and chop into small cubes along with the shallot.



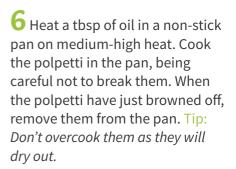


3 Add the hot water, the stock pot and the tin of tomatoes. Leave the mixture to gently bubble away while you make the polpetti.





5 Divide the meat mixture into balls half the size of a 50 pence coin. Roll the balls on your chopping board to get them nice and round. Now add your pasta into the soup and cook for around 8 mins. Tip: Pasta is ready when it is cooked through but has a slight firmness left in the middle.



Turn your oven to 100 degrees and slice your ciabatta in half before warming in the oven for 5 mins. With 5 mins to go until your pasta is cooked add your polpetti into the soup.

8 Serve with a sprinkling of grated cheese and remaining parsley. Use your bread to 'fare la scarpetta' (this means 'do the shoe' in Italian, aka mop your plate clean!).

