



More Than Food
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Pork and Fennel Meatballs

Nick 'the Knife' our butcher has been getting quite the reputation for his sausages up in Lancashire. When Patrick, Ed and Luke made a visit up to the Roaming Roosters farm recently, you'd think there was about to be a sausage shortage, as people were queuing right out the door! Fortunately we've got a few connections so we managed to snag a few Tuscan fennel sausages for tonight's dinner!



25 mins



family box



spicy



Garlic Clove (2)



Onion (1)



Flat Leaf Parsley
(4 tbsp)



Chilli Flakes (1/4 tsp)



Organic Chopped
Tomatoes (2 tins)



Tuscan Pork Sausage
(1)




Linguine (400g)



Parmesan (4 tbsp)

Ingredients

	2P	4P
Garlic Clove, chopped	-	2
Onion, sliced	-	1
Flat Leaf Parsley, chopped	-	4 tbsp
Chilli Flakes	-	¼ tsp
Organic Chopped Tomatoes	-	2 tins
Tuscan Pork Sausage 1	-	1
Linguine 2	-	400g
Parmesan 3	-	4 tbsp

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

LH Step for little hands

Allergens

1) Sulphites | 2) Gluten
3) Milk

Nutrition per serving: Calories: 966 kcal | Protein: 45 g | Carbs: 105 g | Fat: 39 g | Saturated Fat: 15 g

1



1 Peel and finely chop your garlic. Cut your onion through the root, peel and thinly slice into half moon shapes. Roughly chop the parsley.

2



2 Heat 1 tbsp of olive oil in a large frying pan on medium heat. Add the onion and as much of the chilli flakes as you dare. Cook for 5 mins or until the onion is soft. Add the garlic and cook for a further minute.

3



3 Add the tinned tomatoes to the pan, refill the can a quarter with water, give it a good swill around and add this to the pan along with ½ tsp of salt, a good few grinds of black pepper and ½ tsp of sugar (if you have some). Cook over a medium-low heat while you prepare the rest of the meal.
Tip: *The longer you can cook your tomato sauce, the better.*

5



4 Put a large pot of water on to boil with ½ tsp of salt, ready for the pasta.

5 Cut open the sausage and discard the skin. Roll the meat into twelve meatballs.

6 Add your pasta to the water and cook for 6 mins or until 'al dente', then drain. At the same time, gently add the meatballs to the tomato sauce, put the lid on and cook for 7 mins. **Tip:** *'Al dente' simply means the pasta is cooked through, but has a slight firmness in the middle.*

7 Serve the meatballs with the rich tomato sauce piled on top of your pasta. Sprinkle over the parsley and grated parmesan cheese. Tuck in!