



BUTTERY PORK AND FETA SPAGHETTI

with Leeks and Wholegrain Mustard



HELLO LEEKS

Like all members of the allium family (onions, chives etc), leeks are related to lilies!



Leek



Garlic Clove



Flat Leaf Parsley



Pork and Oregano Sausage Meat



Wheat Spaghetti



Wholegrain Mustard



Chicken Stock Powder



Unsalted Butter



Italian Style Grated Hard Cheese



Feta Cheese

MEAL BAG

30 mins

1 of your 5 a day

If you're looking for a speedy springtime recipe with plenty of flavour, our buttery pork and feta linguine is the perfect dish. As we're always looking for clever ways to cut down time in the kitchen, our pork suppliers have already seasoned the sausage meat so that you don't have to! Fry off the leeks until they smell sweet, and combine them with the meatballs, fresh parsley and cooked spaghetti. Finish the dish off with crumbled feta and the remaining parsley for a dish that is fresh, filling and delicious.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, and **Large Frying Pan** (with a **Lid**), **Sieve**, **Slotted Spoon** and **Measuring Jug**. Now, let's get cooking!



1 GET PREPPED

Trim the root and the dark green leafy part from the **leeks**. Halve lengthways then slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Shape the **sausage meat** into balls (six per person). **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Bring a large saucepan of water to the boil with a pinch of **salt**.



2 FRY THE BALLS

Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **meatballs** and cook until browned on the outside and cooked in the middle, 9-10 mins. Turn every couple of mins and lower the heat if they are browning too quickly. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



3 COOK THE WHEAT PASTA

Meanwhile, add the **wheat pasta** to the pan of boiling **water**. Cook for 6 mins. Once cooked, drain in a sieve, pop back in the pan and drizzle with **oil** to stop it sticking together.



4 NOW THE VEGGIES

Once the **meatballs** are cooked, use a slotted spoon to remove them from the pan to a plate. Put the pan back on medium-high heat and add a drizzle of **oil** if it's dry. Add the **leeks** with a pinch of **salt** and **pepper**. Stir and cook until softened, 6-7 mins. Add the **garlic** and **mustard**, stir and cook for 1 minute more. Pour in the **water** (see ingredients for amount) and stir in the **stock powder**. Add the **meatballs** back into the pan.



5 SIMMER

Cover the pan with a lid or some foil, reduce the heat to medium-low and simmer for 5 mins, then remove the lid from the pan and stir in the **butter** and the **Italian style grated hard cheese** until melted. Remove from the heat, taste and add **salt** and **pepper** if you feel it needs it.



6 COMBINE AND SERVE

Add the **wheat spaghetti** to the **sauce** and **meatballs** along with **half the parsley**. Toss together to combine and add a splash of **water** if it's a little dry. Serve in bowls with the **feta** crumbled on top and a sprinkling of remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|------------------------------------------|----------|------------|-----------|
| Leek * | 2 | 3 | 4 |
| Garlic Clove * | 1 | 2 | 2 |
| Flat Leaf Parsley * | 1 bunch | 1 bunch | 1 bunch |
| Pork and Oregano Sausage Meat 14) * | 300g | 450g | 600g |
| Wheat Spaghetti 13) | 200g | 300g | 400g |
| Wholegrain Mustard 9) | 1 pot | 1½ pots | 2 pots |
| Water* | 200ml | 300ml | 400ml |
| Chicken Stock Powder | 1 sachet | 1½ sachets | 2 sachets |
| Unsalted Butter 7) * | 15g | 20g | 30g |
| Italian Style Grated Hard Cheese 7) 8) * | ½ pack | ¾ pack | 1 pack |
| Feta Cheese 7) * | ½ block | ¾ block | 1 block |

*Not Included

* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 479G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 4102 / 981 | 856 / 205 |
| Fat (g) | 45 | 9 |
| Sat. Fat (g) | 22 | 5 |
| Carbohydrate (g) | 97 | 20 |
| Sugars (g) | 8 | 2 |
| Protein (g) | 46 | 10 |
| Salt (g) | 3.74 | 0.78 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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