



Italian Pork Meatballs

with Fennel and Puntaletta Pasta



XXX

xxx



Garlic Clove



Pork Sausage Meat



Fennel



Tomato Passata



Italian Style Herbs



Puntaletta Pasta



Chicken Stock Powder



Italian Style Grated Hard Cheese



Rocket

MEAL BAG

Hands on: **15** mins
Total: **35** mins

of your
5 a day

Family Box

18

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 Mixing Bowl**, **Large Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 MAKE THE MEATBALLS

Peel and grate the **garlic** (or use a garlic press). Put the **sausage meat** into a large mixing bowl and add **half the garlic** and **half the Italian style herbs**. Use your hands to mix the seasoning into the **sausage meat** and then shape into small **meatballs**. Make six **meatballs** per person. Pop onto a plate and keep to one side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



2 PREP THE FENNEL

Cut the **fennel** in half lengthways, remove the triangle root in the middle (see pic), then slice thinly widthways.



3 FRY THE BALLS

Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **meatballs** and cook until browned all over, 5-6 mins. Turn every minute or so. When the **meatballs** are browned, add the **fennel** to the pan. Stir the **fennel**, nudging it between the **meatballs** and cook until it is softened and slightly browned, another 3 mins.



4 ADD THE PASTA

Next, stir in the remaining **garlic**, cook for 1 minute, then add the **tomato passata** and remaining **Italian style herbs** to the pan. Bring to the boil, reduce the heat to a simmer, then stir in the **puntalette pasta**, **water** (see ingredients for amount) and **stock powder**. Stir well to submerge the **pasta** under the liquid. Bring back to the boil, then reduce the heat to a low simmer again.



5 FINISH OFF

Stir the **pasta** every minute or so to make sure it isn't catching on the bottom of your pan. The **meatballs** and **pasta** will be cooked in 10-12 mins. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



6 SERVE

When everything is cooked, and the dish is the same consistency as a **risotto**, stir in **half the cheese**. Taste and season with **salt** and **pepper** as necessary. Share between your bowls and finish with the **rocket** on top, a sprinkle of remaining **cheese** and a drizzle of **olive oil**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Garlic Clove *	2	2	3
Pork Sausage Meat ¹³ ¹⁴ *	280g	420g	560g
Fennel *	1	2	2
Tomato Passata	1	1½	2
Italian Style Herbs	½ pot	¾ pot	1 pot
Puntalette Pasta	200g	300g	400g
Water*	300ml	450ml	600ml
Stock Powder	1 sachet	1½ sachets	2 sachets
Italian Style Grated Hard Cheese ⁷ ⁸ *	40g	60g	80g
Rocket *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 370G	PER 100G
Energy (kJ/kcal)	1973 / 472	534 / 128
Fat (g)	30	8
Sat. Fat (g)	12	3
Carbohydrate (g)	19	5
Sugars (g)	8	2
Protein (g)	32	9
Salt (g)	3.69	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

⁷) Milk ⁸) Egg ¹⁴) Sulphites

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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