



Comforting Pork Meatball Fettuccine

with Leek & Basil Pesto Sauce

KID FRIENDLY

BESTSELLER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Garlic



Courgette



Fettuccine



Pork Mince



Aussie Spice Blend



Grated Parmesan Cheese



Tomato Paste



Chicken-Style Stock Powder



Basil Pesto



Baby Spinach Leaves



Beef & Pork Mince

Recipe Update

We've replaced the spaghetti in this recipe with fettuccine due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

What's for dinner? The age-old question that is constantly being asked. Get ready for an answer that will satisfy the whole family - pork meatballs in golden strings of slurpable fettuccine. Throw in a punchy basil pesto and some veggies for a touch of green and you've now got a welcome answer to that pesky dinner question.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
garlic	3 cloves	6 cloves
courgette	1	2
fettuccine	1 packet	2 packets
pork mince	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag
beef & pork mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3759kJ (898Cal)	753kJ (180Cal)
Protein (g)	46.3g	9.3g
Fat, total (g)	42.9g	8.6g
- saturated (g)	15.3g	3.1g
Carbohydrate (g)	76.6g	15.4g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1508mg	302mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	805kJ (192Cal)
Protein (g)	48.7g	9.8g
Fat, total (g)	48.8g	9.8g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	76.6g	15.4g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1493mg	299mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil.
- Trim and thinly slice **leek**. Finely chop **garlic**. Grate the **courgette**.



Cook the fettuccine

- Cook fettuccine in boiling water, over high heat, until 'al dente', **9 minutes**.
- Reserve some **pasta water** (½ cup for 2 people/ 1 cup for 4 people). Drain and return **fettuccine** to the pan with a drizzle of **olive oil**.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Remember the water is boiling, so be careful!



Make the meatballs

- Meanwhile, combine **pork mince**, **Aussie spice blend**, half the **grated Parmesan cheese** and half the **garlic** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person).
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped pork mince for beef & pork mince, make and cook beef & pork meatballs in the same way as above.



Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **leek** and **courgette**, stirring, until softened, **4-5 minutes**.
- Add **tomato paste** and the remaining **garlic** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, the **butter** and reserved **pasta water** and simmer until slightly thickened, **1-2 minutes**.



Bring it all together

- Remove from heat, then stir through **basil pesto**, cooked **fettuccine** and **baby spinach leaves**. Toss to combine and season to taste.



Serve up

- Divide fettuccine with basil pesto sauce between bowls. Top with pork meatballs.
- Garnish with remaining Parmesan cheese. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.

Rate your recipe

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