



Creamy Mustard Pork Meatball Spaghetti

with Spinach & Parmesan

NEW

Grab your Meal Kit with this symbol



Spaghetti



Pork Mince



Fine Breadcrumbs



Dijon Mustard



Soffritto Mix



Garlic & Herb Seasoning



Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

Who doesn't love spaghetti and meatballs? Add some dijon mustard into the mixture, and toss it through a creamy, silky sauce and you've got a homey meal for all year round.

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

Pantry items

Olive Oil, Egg, 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
spaghetti	1 packet	2 packets
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
dijon mustard	1 medium packet	1 large packet
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4307kJ (1029Cal)	948kJ (227Cal)
Protein (g)	47.8g	10.5g
Fat, total (g)	53.1g	11.7g
- saturated (g)	28.9g	6.4g
Carbohydrate (g)	86.7g	19.1g
- sugars (g)	11.7g	2.6g
Sodium (mg)	1448mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4511kJ (1078Cal)	965kJ (231Cal)
Protein (g)	52.1g	11.1g
Fat, total (g)	56.6g	12.1g
- saturated (g)	31.1g	6.7g
Carbohydrate (g)	86.8g	18.6g
- sugars (g)	11.9g	2.5g
Sodium (mg)	1540mg	329mg

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

2024 | CW07



1



Cook the spaghetti

- Boil the kettle.
- Half-fill a large saucepan with boiling water and a generous pinch of **salt**.
- Cook **spaghetti** in the boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve some **pasta water** (¾ cup for 2 people / 1½ cups for 4 people). Drain **spaghetti**, then return to saucepan with a drizzle of **olive oil**.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Make the sauce

- Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**. Cook **soffritto mix**, stirring, until softened, **5-6 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder**, remaining **dijon mustard** and reserved **pasta water**, and simmer until thickened, **1-2 minutes**.
- Return **meatballs** to the pan, add cooked **spaghetti**, the **butter** and **baby spinach leaves**. Stir to combine and season to taste.

2



Make the meatballs

- Meanwhile, combine **pork mince**, **fine breadcrumbs**, the **egg**, half the **dijon mustard** and a pinch of **pepper** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.
- 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.

4



Serve up

- Divide creamy mustard pork meatball spaghetti between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Custom Recipe: If you've doubled your grated Parmesan cheese, follow instruction as above.

Rate your recipe

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