

Creamy Mustard Pork Meatball Spaghetti with Spinach & Parmesan

NEW



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Spaghetti





Fine Breadcrumbs

Dijon Mustard





Garlic & Herb Seasoning





Chicken-Style Stock Powder





Baby Spinach

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.

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

Per Serving	Per 100g
4307kJ (1029Cal)	948kJ (227Cal)
47.8g	10.5g
53.1g	11.7g
28.9g	6.4g
86.7g	19.1g
11.7g	2.6g
1448mg	319mg
	4307kJ (1029Cal) 47.8g 53.1g 28.9g 86.7g 11.7g

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.

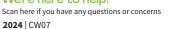
Allergens

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





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** (3/4 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.



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,
- Return meatballs to the pan, add cooked spaghetti, the butter and baby spinach leaves. Stir to combine and season to taste.



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.



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.

