



Saucy Spanish-Style Pork Meatball Stew

with Garlicky Pearl Couscous & Parsley

MEDITERRANEAN

Grab your meal kit with this number

35



Recipe Update

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



Celery



Onion



Garlic



Parsley



Courgette



Pork Mince



Nan's Special Seasoning



Fine Breadcrumbs



Pearl (Israeli) Couscous



Garlic & Herb Seasoning



Chilli Flakes (Optional)



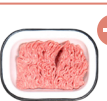
Tomato Paste



Baby Leaves



Beef Mince



Pork Mince

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

Prep in: 20-30 mins
Ready in: 35-45 mins



These pork meatballs are bursting with bright flavours, coated in a veggie-filled tomato sauce. Sitting atop a bed of garlicky pearl couscous to soak up all of that goodness, what more could you possibly want?

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
onion	½	1
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
courgette	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
pearl (Israeli) couscous	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
chilli flakes  (optional)	pinch	pinch
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
brown sugar*	½ tsp	1 tsp
butter*	20g	40g
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	477kJ (114Cal)
Protein (g)	36.1g	7.4g
Fat, total (g)	15.8g	3.3g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	66g	13.6g
- sugars (g)	11.7g	2.4g
Sodium (mg)	916mg	189mg
Dietary Fibre (g)	9.4g	1.9g

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.



Get prepped

- Boil the kettle.
- Finely chop **celery**, **onion** (see ingredients) and **garlic**. Roughly chop **parsley**. Thinly slice **courgette** into half-moons.
- In a medium bowl, combine **pork mince**, **Nan's special seasoning**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.



Cook the veggies

- When the **meatballs** are done, return frying pan to medium-high heat. Cook **celery**, **onion** and **courgette** until tender, **5-7 minutes**.
- Add **garlic & herb seasoning**, a pinch of **chilli flakes** (if using), **tomato paste** and remaining **garlic**, and cook until fragrant, **1-2 minutes**.



Cook the meatballs

- 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.



Bring it all together

- Return **meatballs** to pan, add the **water**, the **brown sugar** and **butter** and simmer, stirring, until slightly reduced, **2-3 minutes**.
- Stir in **baby leaves** until wilted.



Make the pearl couscous

- While the meatballs are cooking, heat a drizzle of **olive oil** over medium-high heat in a medium saucepan. Cook half the **garlic** until fragrant, **1 minute**.
- Add **pearl couscous** and toast, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return to the pan with a drizzle of **olive oil**.



Serve up

- Divide garlicky pearl couscous between bowls.
- Top with saucy Spanish-style pork meatball stew.
- Sprinkle over parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



DOUBLE PORK MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

