



Nostalgic One-Pot Pork Meatball Penne

with Baby Spinach & Parmesan Cheese

Grab your Meal Kit with this symbol



Celery



Pork Mince



Fine Breadcrumbs



Aussie Spice Blend



Garlic & Herb Seasoning



Penne



Vegetable Stock Powder



Baby Spinach Leaves



Cream



Grated Parmesan Cheese



Beef Mince

Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 45-50 mins

A penne with pork meatballs tastes like a nice dream or a fond memory. Make it just the way you like it with Parmesan cheese sprinkled on top and a creamy sauce stirred through with celery and baby spinach. It's a dinner that will be remembered warmly.

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
egg*	1	2
garlic & herb seasoning	1 sachet	1 sachet
penne	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	2 cups	4 cups
baby spinach leaves	1 medium bag	1 large bag
cream	½ packet (125ml)	1 packet (250ml)
butter*	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4083kJ (976Cal)	991kJ (237Cal)
Protein (g)	43.9g	10.7g
Fat, total (g)	50g	12.1g
- saturated (g)	28.1g	6.8g
Carbohydrate (g)	83.8g	20.3g
- sugars (g)	8.8g	2.1g
Sodium (mg)	1787mg	434mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4374kJ (1045Cal)	1062kJ (254Cal)
Protein (g)	48.1g	11.7g
Fat, total (g)	54.5g	13.2g
- saturated (g)	31g	7.5g
Carbohydrate (g)	83.8g	20.3g
- sugars (g)	8.8g	2.1g
Sodium (mg)	1752mg	425mg

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

2023 | CW16



1



Get prepped

- Boil the kettle. Finely chop **celery**.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped from pork mince to beef mince, prep the beef meatballs in the same way as above.

4



Start the sauce

- To the pan with celery, add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **penne**, **vegetable stock powder** and the **boiling water** (2 cups for 2 people / 4 cups for 4 people). Return **meatballs** to the pan and stir to combine.
- Bring to the boil, then reduce heat to medium-low. Cover with a lid and simmer, stirring occasionally, until penne is 'al dente', **15-20 minutes**.

2



Cook the meatballs

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned, **3-5 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: The meatballs will finish cooking in step 4!

Custom Recipe: Cook the beef meatballs in the same way as above.

5



Finish the sauce

- Remove lid from pan, then stir through **baby spinach leaves**, **cream** (see ingredients), the **butter** and 1/2 the **grated Parmesan cheese** until slightly thickened, **1-2 minutes**.

3



Cook the celery

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **celery**, until softened, **2-3 minutes**.

6



Serve up

- Divide one-pot pork meatball penne between bowls.
- Sprinkle with remaining Parmesan cheese to serve. Enjoy!

Rate your recipe

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