



Pork Meatball Spaghetti

with Leek & Basil Pesto Sauce

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Leek



Garlic



Courgette



Spaghetti



Aussie Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Baby Spinach Leaves



Pork Mince



Grated Parmesan Cheese



Basil Pesto

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

What's for dinner? This time old question that is constantly being asked. Get ready to have the answer that will satisfy the whole family - pork meatballs in golden strings of slurpable spaghetti. Throw in a soft basil pesto and some veggies for a touch of green and you've now got a quick and easy answer to that pesky dinner question.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
spaghetti	1 packet	1 packet
pork mince	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
tomato paste	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
butter*	20g	40g
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3791kJ (906Cal)	757kJ (181Cal)
Protein (g)	47g	9.4g
Fat, total (g)	43.4g	8.7g
- saturated (g)	15.6g	3.1g
Carbohydrate (g)	76.6g	15.3g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1522mg	304mg

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

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



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 the remaining **garlic** and **tomato paste** 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**.



Cook the spaghetti

- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people). Drain and return **spaghetti** 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!



Bring it all together

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



Cook the meatballs

- While spaghetti is cooking, combine **pork mince**, **Aussie spice blend**, 1/2 the **grated Parmesan cheese** and 1/2 the **garlic** in a medium bowl.
- Using damp hands, roll heaped spoonfuls of **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!



Serve up

- Divide spaghetti with basil pesto and leek 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.

We're here to help!

Scan here if you have any questions or concerns

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