



# Pork & Red Pesto Meatballs

with Veggie-Loaded Israeli Couscous & Basil

Grab your Meal Kit with this symbol



Carrot



Courgette



Israeli Couscous



Garlic & Herb Seasoning



Garlic



Pork Mince



Fine Breadcrumbs



Red Pesto



Tomato Paste



Chicken-Style Stock Powder



Basil



Baby Spinach Leaves

Hands-on: 20-30 mins  
Ready in: 30-40 mins

These meatballs, also known as 'polpette' in their mother country of Italy, are things of true beauty when you infuse them with red pesto. Served atop a bed of couscous that's bursting with flavour, you'll be thanking Nonna for sharing her best kept culinary secrets.

### Pantry items

Olive Oil, Brown Sugar, 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

Oven tray lined with baking paper ·  
Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
Israeli couscous	1 packet	2 packets
water* (for the couscous)	1¼ cups	2½ cups
garlic & herb seasoning	1 sachet	1 sachet
garlic	3 cloves	6 cloves
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	2 packets
red pesto	1 packet (50g)	1 packet (100g)
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
chicken-style stock powder	1 sachet	1 sachet
water* (for the sauce)	1 cup	2 cups
butter*	20g	40g
basil	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal)	639kJ (153Cal)
Protein (g)	37.1g	7.9g
Fat, total (g)	32.7g	7.0g
- saturated (g)	10.1g	2.1g
Carbohydrate (g)	64.0g	13.6g
- sugars (g)	13.1g	2.8g
Sodium (mg)	908mg	193mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **courgette** into 1cm rounds. Place the **carrot** and **courgette** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## 4. Cook the meatballs

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **meatballs** and cook, turning, until browned, **5-6 minutes**. Transfer to a plate and discard any excess oil from the pan. Reduce the heat to medium, then add the **tomato paste**, **brown sugar** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **chicken-style stock powder** and **water (for the sauce)**, then return the **meatballs** to the pan and simmer until cooked through, **6-7 minutes**.



## 2. Cook the couscous

While the veggies are roasting, heat a **drizzle** of **olive oil** in a medium saucepan over a medium-high heat. Add the **Israeli couscous** and toast, stirring occasionally, until golden, **1-2 minutes**. Add the **water (for the couscous)** and **garlic & herb seasoning** and reduce the heat to medium. Simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**. Remove from the heat and cover to keep warm.



## 5. Bring it together

Remove the frying pan from the heat, stir through the **butter** and season to taste. Set aside. Pick the **basil** leaves. Stir the roasted **veggies** and **baby spinach leaves** through the cooked **couscous**.

**TIP:** Add a dash of water to loosen the sauce if needed!



## 3. Make the meatballs

While the couscous is cooking, finely chop the **garlic**. In a medium bowl, combine the **pork mince**, **fine breadcrumbs**, **red pesto**, a **generous pinch** of **salt** and **1/2** the **garlic**. Using damp hands, take a heaped spoonful of the **pork mixture** and gently shape into a small meatball. Set aside on a plate and repeat with the **remaining mixture**. You should get 4-5 meatballs per person.

**TIP:** The pesto makes these meatballs extra tender but also delicate, so handle them carefully!



## 6. Serve up

Divide the veggie-loaded Israeli couscous between bowls. Top with the pork and red pesto meatballs and spoon over the sauce. Tear over the basil leaves to garnish.

## Enjoy!