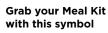


Pork & Red Pesto Meatballs

with Veggie-Loaded Israeli Couscous & Basil







Pantry items Olive Oil, Brown Sugar, Butter

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.

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** 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.



2. Cook the couscous

While the veggies are roasting, heat a **drizzle** of **olive oil** in a medium saucepan over a mediumhigh 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.



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!



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 **chickenstyle stock powder** and **water** (for the sauce), then return the **meatballs** to the pan and simmer until cooked through, **6-7 minutes**.



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!



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!

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