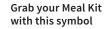


Slow-Cooked Pork Meatball Ragu

with Mash & Parmesan Cheese





















Garlic & Herb

Seasoning

Fine Breadcrumbs



Tinned Cherry



Tomatoes



Potato



Stock Powder

Pork Mince



Grated Parmesan Cheese

Pantry items

Olive Oil, Egg, Brown Sugar, Butter, Milk

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 ovenproof saucepan with a lid (or foil) · Medium saucepan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
celery	1 stalk	2 stalks	
onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
pork mince	1 packet	1 packet	
fine breadcrumbs	1 packet	1 packet	
garlic & herb seasoning	1 sachet	1 sachet	
egg*	1	2	
tinned cherry tomatoes	1 tin	2 tins	
beef-style stock powder	1 sachet (5g)	1 sachet (10g)	
brown sugar*	½ tbs	1 tbs	
water*	1/4 cup	½ cup	
butter* (for the sauce)	20g	40g	
potato	2	4	
milk*	2 tbs	1/4 cup	
butter* (for the mash)	40g	80g	
grated Parmesan cheese	1 packet (30g)	1 packet (60g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3641kJ (870Cal)	462kJ (110Cal)
Protein (g)	44.1g	5.6g
Fat, total (g)	45.7g	5.8g
- saturated (g)	24.8g	3.1g
Carbohydrate (g)	68.5g	8.7g
- sugars (g)	27.1g	3.4g
Sodium (mg)	1305mg	166mg

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

 Preheat oven to 200°C/180°C fan-forced. Finely chop carrot, celery, onion and garlic.

Little cooks: Kids can help peel off the onion's outer layer (we recommend wearing goggles to avoid onion tears!).



Cook the meatballs

- In a medium bowl, combine pork mince, fine breadcrumbs, garlic & herb seasoning, 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).
- In a large ovenproof saucepan, heat a drizzle
 of olive oil over medium-high heat. Cook
 meatballs, turning, until browned 3-4 minutes
 (cook in batches if your pan is getting crowded).
 Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Cook the veggies

- Return the saucepan to medium-high heat with a drizzle of olive oil.
- Cook onion, celery and carrot until softened,
 4-5 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add tinned cherry tomatoes, beef-style stock powder, the brown sugar, water and the butter (for the sauce). Season and stir to combine.



Bake the ragu

- Add meatballs to the sauce. Cover saucepan with lid or tightly with foil.
- Bake in oven until meatballs are tender, **50-60 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



Make the mash

- When the ragu has 20 minutes cook time remaining, bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks. Cook in boiling water until easily pierced with a fork,
 12-15 minutes. Drain and return to pan.
- Add the milk and the butter (for the mash) to potato and season generously with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!



Serve up

- · Divide mash between bowls.
- Top with slow-cooked pork meatball ragu.
- Spoon over remaining sauce and garnish with grated Parmesan cheese to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.



Scan here if you have any questions or concerns





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