



Slow-Cooked Pork Meatball Ragu

with Mash & Parmesan Cheese

Grab your Meal Kit
with this symbol



Carrot



Celery



Onion



Garlic



Fine Breadcrumbs



Garlic & Herb
Seasoning



Tinned Cherry
Tomatoes



Beef-Style
Stock Powder



Potato



Pork Mince



Grated Parmesan
Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **1hr 15mins - 1hr 25mins**

We love a little ball of deliciousness and a meatball fits this description perfectly. Slow-cooked pork with a hint of our garlic and herb seasoning is rolled up nice and tight, stirred through a saucy veggie ragu and placed on top of a pillow of buttery mashed potatoes.

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

	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*	¼ cup	½ cup
butter* (for the sauce)	20g	40g
potato	2	4
milk*	2 tbs	¼ 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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



1



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!).

2



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!

3



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.

4



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!

5



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!

6



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.

Rate your recipe

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