





Pork Meatballs

with Spiralised Vegetable Pasta

 30-40min  2 Portions

Spaghetti and meatballs have never looked more nutritious or delicious! We've swapped high-carb pasta with vegetable noodles that are not only great for you, but only take a couple of minutes to cook. Topped with plump meatballs and a thick tomato sauce, you may never go back to eating traditional spaghetti and meatballs again.

What we send

- carrot
- thyme, basil, 2 garlic cloves
- zucchini
- snow peas
- chopped tomatoes
- ground fennel
- panko breadcrumbs ¹
- free-range pork mince

What you'll require

- egg ³
- olive oil
- sea salt and pepper

Utensils

- deep frypan
- large frypan
- paper towel
- Slotted spoon
- spiraliser (optional)

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Use a wooden spoon to scrape up all the delicious bits of meatball that may be stuck to the base of the pan.

Allergens

Gluten (1), Egg (3). May contain traces of other allergens.

Nutrition per serving

Energy 510.0kcal, Fat 14.5g, Proteins 47.1g, Carbs 41.2g



1. Prepare ingredients

Crush or finely chop the **garlic**. Pick the **thyme** leaves (discard stems) and finely chop.



2. Prepare meatballs

Place the **pork, panko breadcrumbs**, 1 tsp **fennel, thyme** and half the **garlic** in a bowl and season well with **sea salt and pepper**. Add 1 lightly beaten **egg** and mix together well. Using wet hands, shape mince mixture into 10-12 walnut-size meatballs.



3. Brown meatballs

Heat 1 tbs **oil** in a deep frypan over high heat and cook **meatballs**, stirring for 3-4 mins until evenly browned. Remove from pan with a slotted spoon. Drain on paper towel.



4. Make sauce

Add remaining **garlic** and 1-2 tsp water to the frypan (see cooking tip) and cook the garlic over low heat for 2-3 mins until softened. Add the **chopped tomatoes** and bring to the boil. Return the **meatballs** to the pan, toss to coat in the **sauce**, then cover and simmer over low heat for 15 mins or until cooked through.



5. Prepare vegetables

Meanwhile, trim ends of **snow peas**, then thinly slice lengthwise. If prepping vegetables by hand, slice the **zucchini** and **carrots** as thinly as you can, then cut into long thin batons (alternatively, you can use a spiraliser).



6. Cook vegetables

Heat 1 tbs **oil** in a large frypan over high heat and stir-fry the **vegetable 'spaghetti'** for 1-2 mins until wilted. Pick the **basil** leaves (discard stems). Stir half into the **tomato sauce**. Spoon the spaghetti onto plates and top with the **meatballs** and sauce and garnish with remaining **basil**.