



Pork Meatballs in Mustard Sauce

with Spaghetti



30-40min



2 Portions

We give spaghetti and meatballs a fresh makeover with a creamy mustard, caper and thyme sauce balanced with the sweetness of peas. It's a great change from the usual tomato-based recipe, while not veering too far from your favourite flavour combinations.

What we send

- spaghetti ¹
- chicken stock cube
- garlic, thyme, parsley
- green peas
- capers
- panko breadcrumbs ¹
- free-range pork
- brown onion

What you'll require

- boiling water
- butter ⁷
- egg ³
- mustard ¹⁷
- olive oil
- plain flour ¹
- sea salt and pepper

Utensils

- large deep frypan
- large saucepan

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

Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

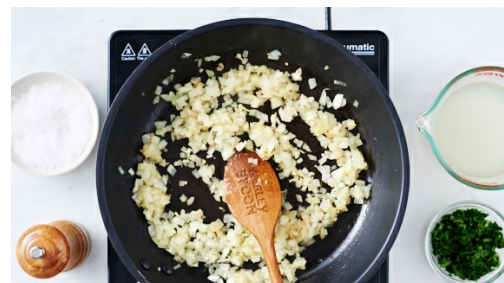
Nutrition per serving

Energy 860.0kcal, Fat 16.9g, Proteins 59.8g, Carbs 111.2g



1. Prepare ingredients

Very finely chop the **onion**. Crush or finely chop the **garlic**.



2. Cook aromatics

Heat **half the oil** in a large deep frypan over medium heat. Add the **onion, garlic and salt and pepper**. Cook, stirring, for 3-5 mins until softened. Transfer to a large bowl and cool for 5 mins. Meanwhile, wipe pan clean and reserve. Finely chop **parsley**, including the stems. Combine **the stock cubes** and the **boiling water** (see staples list) in a heatproof jug.



3. Shape meatballs

Add the **pork, panko crumbs, egg white, half the parsley, salt and pepper** to the onion mixture. Using your hands, mix well to combine. Shape into golf ball-sized balls. Pick the **thyme** leaves. Bring a large saucepan of salted water to the boil for the spaghetti.



4. Brown meatballs

Heat the **remaining oil** in the reserved frypan over medium-high heat. Add the meatballs and cook, turning, for 5 mins or until golden brown. Remove from pan and do not clean the pan. Meanwhile, cook the **spaghetti** in the pan of boiling salted water for 10 mins or until al dente. Drain well in a colander.



5. Make sauce

While the spaghetti is cooking, melt the **butter** in the meatball pan over medium heat. Add **thyme** and cook for 1 min or until fragrant, then add the **flour** and stir until combined. Gradually add the stock, stirring constantly, to combine. Add the **capers and mustard**, and cook, stirring, for 5 mins or until slightly thickened.



6. Get ready to serve

Return the meatballs to the pan and simmer for 5-6 mins until meatballs are cooked through and sauce has thickened. Stir in the **peas and spaghetti**, and cook for a further 1 min or until warmed through. Season with **salt and pepper**. Divide among bowls and scatter with the **remaining parsley** to serve.