



Linguine and Pork Polpette

with pomodoro sauce

40-45 mins

1



Pork Mince



Breadcrumbs



Passata



Onion



Garlic



Worcester Sauce



Beef Stock



Dried Linguine



Grated Italian Style Hard Cheese



Italian Herbs

Pantry Items: Water, Oil, Salt, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Breadcrumbs	1 pack	1 pack
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	2 units	4 units
Worcester Sauce	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	50 g	100 g
Italian Herbs	½ sachet	1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	424.5 g	100 g
Energy (kJ/kcal)	3221.7 kJ/ 770 kcal	758.9 kJ/ 181.4 kcal
Fat (g)	25 g	5.9 g
Sat. Fat (g)	10.9 g	2.6 g
Carbohydrate (g)	89.1 g	21 g
Sugars (g)	11.7 g	2.8 g
Protein (g)	46.9 g	11 g
Salt (g)	2.4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Pasta

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Prep the Veg

- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Make the Polpetta

- In a large bowl, mix 2 tbsp **water** and ½ tsp **salt** (double both for 4p) with the **breadcrumbs**.
- Add the **pork mince** and **half** the **Italian herbs** (double for 4p).
- Season with **pepper** and mix everything together with your hands. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Roll into evenly-sized balls, 5 per person.



Fry the Polpetta

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **pork** meatballs and fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Once cooked, remove the meatballs from the pan.



Simmer Your Sauce

- Return the (now empty) pan to medium-high heat, with another drizzle of **oil** if necessary.
- Add the **onion** and **garlic** and fry until slightly softened, 3-4 mins.
- Add **beef stock powder**, **passata**, **Worcester sauce**, 1 tsp **sugar** and 75ml **water** (double both for 4p). Simmer for 5-7 mins.
- Add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**.

TIP: Loosen with a splash of water if necessary!



Dish Up

- Serve the **linguine** and polpetta in bowls topped with plenty of sauce.
- Garnish with a sprinkling of **cheese**.

Enjoy!