



Pork Polpette Pasta with pomodoro sauce

Family 40-45 mins

4



Pork Mince



Italian Herbs



Breadcrumbs



Passata



Onion



Garlic



Worcester Sauce



Beef Stock



Dried Linguine



Grated Italian Style Hard Cheese

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



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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, pot with lid

Ingredients

	2P	4P
Pork Mince	250 g	500 g
Italian Herbs	½ sachet	1 sachet
Breadcrumbs	1 pack	1 pack
Passata	2 packs	4 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	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	504.5 g	100 g
Energy (kJ/kcal)	3430 kJ/ 820 kcal	680 kJ/ 163 kcal
Fat (g)	20.4 g	4 g
Sat. Fat (g)	7.9 g	1.6 g
Carbohydrate (g)	107.6 g	21.3 g
Sugars (g)	24.6 g	4.9 g
Protein (g)	41.4 g	8.2 g
Salt (g)	3 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.

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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. Cover to keep warm.

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



Fry the Polpetta

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



Prep the Veg

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



Simmer Your Sauce

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

TIP: Loosen the sauce with a splash of water if necessary!



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 by hand. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Roll into evenly-sized balls, five per person.



Garnish and Serve

- Divide the cooked **linguine** between bowls.
- Top with your **pork** polpetta and plenty of sauce.
- Garnish with a sprinkling of **cheese**.

Enjoy!