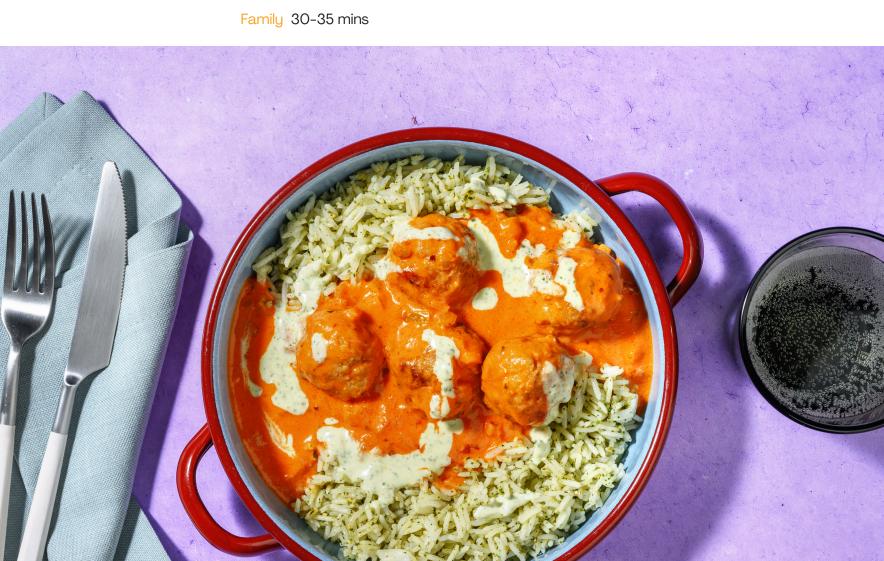


# Pork Meatballs and Pesto Rice

with a rich tomato sauce















Green Pesto



Grated Italian Style Hard Cheese



Breadcrumbs







Creme Fraiche

**Dried Oregano** 





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



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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

Grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Rice	150 g	300 g
Green Pesto	1 sachet	2 sachets
Grated Italian Style Hard Cheese	50 g	100 g
Breadcrumbs	1 pack	1 pack
Creme Fraiche	110 g	220 g
Passata	1 pack	2 packs
Dried Oregano	1 sachet	2 sachets
Onion	1 unit	2 units
Garlic	2 units	4 units

## **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	478 g	100 g
Energy (kJ/kcal)	4066.8 kJ/ 972 kcal	850.8 kJ/ 203.3 kcal
Fat (g)	48 g	10 g
Sat. Fat (g)	19.9 g	4.2 g
Carbohydrate (g)	89.6 g	18.7 g
Sugars (g)	12.8 g	2.7 g
Protein (g)	42 g	8.8 g
Salt (g)	2 g	0.4 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 Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Add the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat. Stir through half the pesto then pop the lid back on the pot.
- Keep covered for 10 mins or until ready to serve.

TIP: If you prefer, use the pesto as a garnish instead. It'll be just as delicious!



#### Make the Meatballs

- Meanwhile, in a large bowl, combine the breadcrumbs with the pork mince and half the cheese.
- Add 2 tbsp water and ¼ tsp salt (double both for 4p). Season with pepper and mix together by hand.
- Roll into evenly-sized balls, five per person.
   IMPORTANT: Wash hands and equipment after handling raw mince.



#### **Brown the Meatballs**

- Place a large pan over medium-high heat with a drizzle of oil.
- Once hot, fry the meatballs until browned all over, shifting as they colour, 6-8 mins.



## Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Add onion and garlic to the meatballs.
- Fry until softened, stirring occasionally, 2-3 mins.



## Simmer the Sauce

- Stir passata, 100ml water (double for 4p) and remaining cheese into the pan.
- Simmer, covered, until the meatballs are cooked through, 4-5 mins. IMPORTANT: Meatballs are cooked when no longer pink in the middle.
- Add oregano and half the creme fraiche and allow to warm through.
- Season to taste with salt, pepper and sugar.
- Mix the remaining pesto and creme fraiche together.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



## Garnish and Serve

- Fluff up the pesto rice with a fork and divide between bowls.
- Top with the meatballs and sauce.
- Finish with a drizzle of **pesto creme fraiche**.

## Enjou!