



Pork Meatballs and Pesto Rice

with a rich tomato sauce

Family 30-35 mins

4



Pork Mince



Rice



Green Pesto



Grated Italian Style Hard Cheese



Breadcrumbs



Creme Fraiche



Passata



Dried Oregano



Onion



Garlic

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 |
| Crema 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!



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.



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.



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 crema fraiche** and allow to warm through.
- Season to taste with **salt, pepper** and **sugar**.
- Mix the remaining **pesto** and **crema 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 crema fraiche**.

Enjoy!