



Pork Meatballs and Creamy Mash

with tomato spinach sauce

40 – 45 mins

1



Pork Mince



Italian Herbs



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Stock



Parsley



Breadcrumbs



Potatoes

Pantry Items: Water, Oil, Salt, Pepper, Sugar, Butter, Milk (Optional)



Rate your recipe!

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, potato masher, baking sheet with baking paper

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Italian Herbs	½ sachet	1 sachet
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Baby Spinach	60 g	120 g
Worcester Sauce	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	632.5 g	100 g
Energy (kJ/kcal)	2564.8 kJ/ 613 kcal	405.5 kJ/ 96.9 kcal
Fat (g)	15.9 g	2.5 g
Sat. Fat (g)	5.6 g	0.9 g
Carbohydrate (g)	84.9 g	13.4 g
Sugars (g)	16.1 g	2.5 g
Protein (g)	32 g	5.1 g
Salt (g)	3.1 g	0.5 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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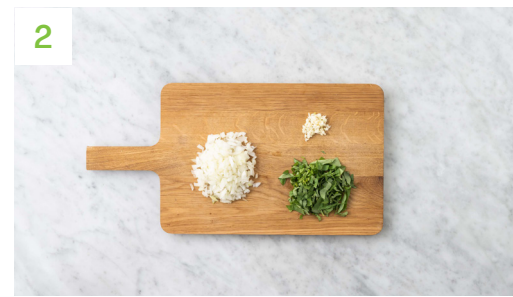
Make the Mash

- Boil a large pot of **salted water** for the **potatoes**. Preheat the oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Cook the Meatballs

- Pop the **meatballs** onto a lined baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



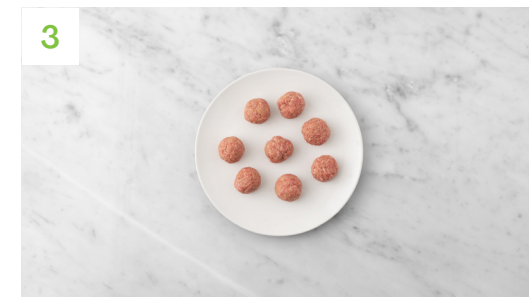
Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



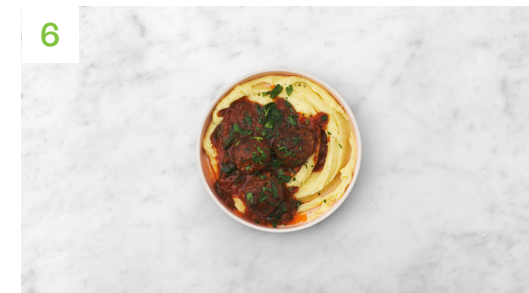
Simmer the Sauce

- Place a pan over medium-high heat, with a drizzle of **oil**.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **stock**, **passata**, **Worcester sauce**, 1 tsp **sugar** and 50ml **water** (double both for 4p). Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach** and **half** the **parsley**. Once wilted, add the meatballs and cook until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



Shape the Meatballs

- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** and ½ tsp **salt** (double both for 4p).
- Add the **pork mince** and **half** the **dried Italian herbs** (double for 4p).
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



Garnish and Serve

- Divide the creamy mashed **potato** between bowls.
- Top with **pork** meatballs and **tomato spinach** sauce.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!