



# Linguine and Pork Polpette

with pomodoro sauce

Family 40 – 45 mins

4



Pork Mince



Italian Herbs



Breadcrumbs



Passata



Onion



Garlic



Worcester Sauce



Dried Linguine



Grated Italian  
Style Hard Cheese



Stock

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



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, baking sheet with baking paper

## Ingredients

	2P	4P
Pork Mince	240 g	480 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
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	1 unit	2 units
Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	502.5 g	100 g
Energy (kJ/kcal)	3414.1 kJ/ 816 kcal	679.4 kJ/ 162.4 kcal
Fat (g)	20 g	4 g
Sat. Fat (g)	7.8 g	1.6 g
Carbohydrate (g)	108.2 g	21.5 g
Sugars (g)	24.3 g	4.8 g
Protein (g)	40.7 g	8.1 g
Salt (g)	2.7 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 knives for raw and ready-to-eat foods or wash these in between uses.

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### Cook the Pasta

- Preheat your oven to 220°C/200°C fan/gas mark 7. 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.



### Prep the Veg

- Meanwhile, 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 ¼ 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, 3-4 per person.



### Simmer Your Sauce

- Place a pan over medium-high heat, with another drizzle of **oil** if needed.
- Once hot, fry **onion** and **garlic** until slightly softened, 3-4 mins.
- Add **stock**, **passata**, **Worcester sauce**, ½ tsp **sugar** and 75ml **water** (double both for 4p). Simmer for 5-7 mins.
- Add the cooked 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!



### Bake the Polpetta

- Pop the **meatballs** onto a large (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.



### 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!