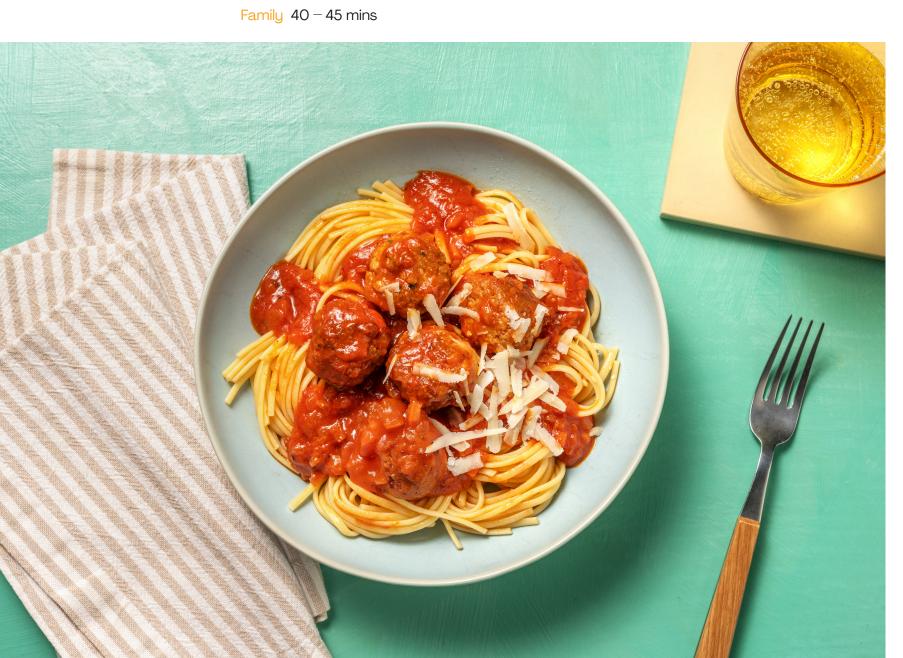


Linguine and Pork Polpette

with pomodoro sauce

















Breadcrumbs







Worcester Sauce



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, 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 utensils 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.



Make the Polpette

- 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.



Bake the Polpette

- 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.



Prep the Veg

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



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!



Garnish and Serve

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

Enjoy!