



# Pork Meatballs and Pesto Rice

with a rich tomato sauce

30 – 35 mins

4



Pork Mince



Rice



Green Pesto



Grated Italian Style Hard Cheese



Breadcrumbs



Creme Fraiche



Passata



Dried Oregano



Onion



Garlic

Pantry Items: Salt, Water, 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

Baking sheet with baking paper, grater, pot with lid

## Ingredients

	2P	4P
Pork Mince	240 g	480 g
Rice	150 g	300 g
Green Pesto	30 g	60 g
Grated Italian Style Hard Cheese	2 units	4 units
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	459.6 g	100 g
Energy (kJ/kcal)	3786.5 kJ/ 905 kcal	823.9 kJ/ 196.9 kcal
Fat (g)	41.5 g	9 g
Sat. Fat (g)	18.6 g	4 g
Carbohydrate (g)	89.9 g	19.6 g
Sugars (g)	13.3 g	2.9 g
Protein (g)	38.9 g	8.5 g
Salt (g)	2.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

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



## Prep the Veg

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



## Make the Meatballs

- Meanwhile, in a large bowl, combine the **breadcrumbs** with the **pork mince**, **oregano** 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, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



## Simmer the Sauce

- Place a pan over medium-high heat.
- Add the **onion** and **garlic** and fry for 2-3 mins.
- Stir in **passata**, 100ml **water** and ½ tsp **sugar** (double both for 4p).
- Add the cooked meatballs 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:** Add a splash of water if the sauce is too thick.



## Bake 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.



## 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** and a sprinkling of **cheese**.

**Enjoy!**