



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



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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, colander, grater, pot with lid, potato masher

## 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	2 units	4 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	638.3 g	100 g
Energy (kJ/kcal)	2615 kJ/ 625 kcal	409.7 kJ/ 97.9 kcal
Fat (g)	15.9 g	2.5 g
Sat. Fat (g)	6.1 g	1 g
Carbohydrate (g)	87.7 g	13.7 g
Sugars (g)	18.2 g	2.9 g
Protein (g)	32.2 g	5 g
Salt (g)	4.3 g	0.7 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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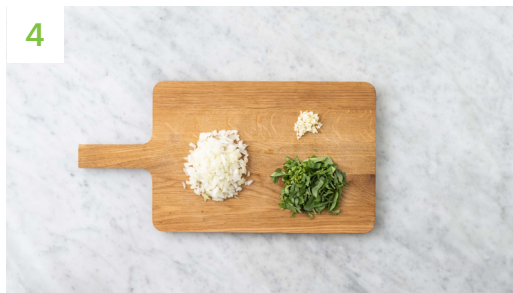


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## Make the Mash

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



## 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).



## 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.



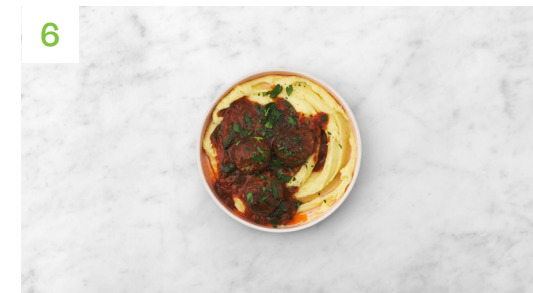
## Simmer the Sauce

- 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.
- Add the **spinach** and **half** the **parsley**.
- Stir through the **meatballs**, season to taste with **salt** and **pepper**, then stir through a knob of **butter**.



## 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.



## Garnish and Serve

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

Enjoy!