



Pork Meatballs and Creamy Mash

with tomato spinach sauce

40 – 45 mins

4



Irish Pork Mince



Italian Herbs



Passata



Onion



Garlic



Baby Spinach



Worcestershire Sauce



Parsley



Breadcrumbs



Potatoes



Stock

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

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Irish 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
Parsley	5 g	10 g
Breadcrumbs	1 pack	1 pack
Potatoes	600 g	1200 g
Stock	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	410.3 kJ/ 98.1 kcal
Fat (g)	2.5 g
Sat. Fat (g)	1 g
Carbohydrate (g)	13.7 g
Sugars (g)	2.8 g
Protein (g)	5.1 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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You can recycle me!



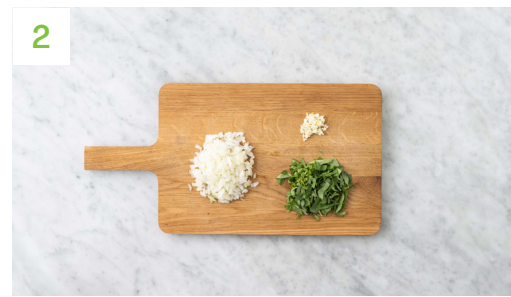
Make the Mash

- 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.



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.



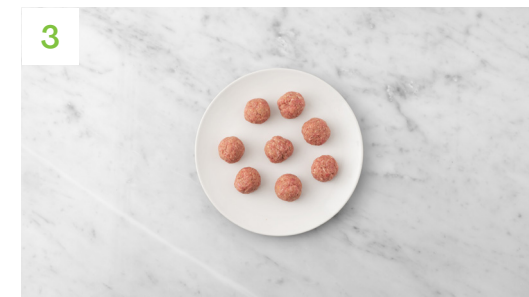
Get Prepped

- 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).



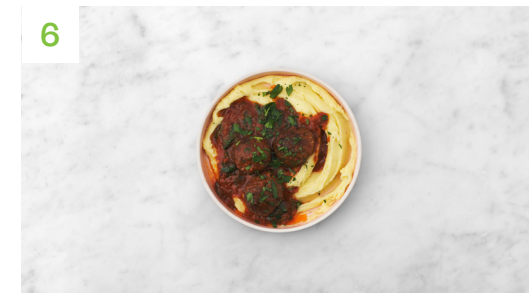
Simmer the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** and remaining **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**.



Shape the Meatballs

- Meanwhile, in a large bowl, mix the **breadcrumbs**, **half** the **garlic**, (per 2P), 2 tbsp **water** (per 2P) and ½ tsp **salt** (per 2P).
- Add the **pork mince** and **half** a sachet of **dried Italian herbs** (per 2P).
- 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 **spinach** sauce.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!