



Pronto Italian Style Sausage Meatballs

with Pesto Tomato Sauce and Mash

Quick 20-25 Minutes • 1 of your 5 a day

14



Potatoes



British Pork and Oregano Sausage Meat



Garlic Clove



Tomato Passata



Mixed Herbs



Chicken Stock Paste



Peas



Mature Cheddar Cheese



Pesto

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, baking tray, garlic press, frying pan, colander, potato masher, lid and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Pork and Oregano Sausage Meat** 13 14	225g	340g	450g
Garlic Clove**	2	3	4
Tomato Passata	1 carton	1½ cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Mature Cheddar Cheese** 7	30g	40g	60g
Pesto 7	32g	48g	64g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	3346 / 800	528 / 126
Fat (g)	41.0	6.5
Sat. Fat (g)	16.2	2.6
Carbohydrate (g)	77.1	12.2
Sugars (g)	15.0	2.4
Protein (g)	35.4	5.6
Salt (g)	4.49	0.71

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.
- Chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiling water** into a large saucepan with **½ tsp salt**.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



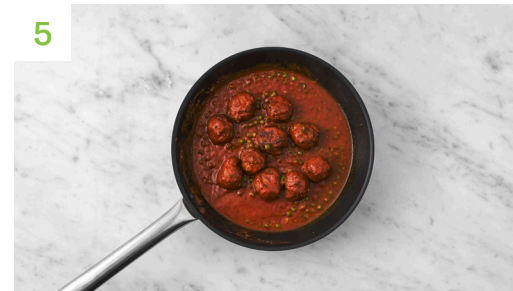
Get Mashing

- Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



Make your Meatballs

- In the meantime, roll the **sausage meat** into even-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Pop the **meatballs** onto a baking tray and, when the oven is hot, bake on the top shelf until browned on the outside and cooked through, 10-12 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Finishing Touches

- Once your **sauce** has thickened, stir through the **peas** and cook for 2-3 mins.
- Meanwhile, grate the **Cheddar**.
- Add the **pesto** to the **sauce** and mix until well combined. Add the **cooked meatballs** and stir to coat.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Sauce Time

- While everything cooks, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and fry until fragrant, 1 min.
- Stir in the **passata**, **mixed herbs**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring the **sauce** to the boil, then lower the heat and simmer until thickened slightly, 4-5 mins.



Serve Up

- Share the **mash** between your bowls.
- Top with the **Italian style meatballs and sauce**.
- Sprinkle over the **cheese** to finish.

Enjoy!