



# PORK AND FENNEL MEATBALLS

with Linguine and Parmesan



## HELLO FENNEL

*Fennel can fool your taste buds and used to be eaten before wine tastings to mask the taste of bad wine!*



Garlic Clove



Onion



Flat Leaf Parsley



Tuscan Pork Sausage Meat



Fennel Seeds



Diced Tomatoes



Linguine



Parmesan Cheese

MEAL BAG

25 mins

3 of your 5 a day

Nick 'the Knife' our butcher has been getting quite the reputation for his sausages up in Lancashire. When we went to visit the Roaming Roosters you'd think there was about to be a sausage shortage, as people were queuing right out the door! Fortunately, we've got a few connections, so we managed to snag some Tuscan sausages for tonight's dinner!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Colander** and **Coarse Grater**. Now, let's get cooking!



### 1 DO THE PREP

Put a large saucepan of **water** with a pinch of **salt** on to boil for the pasta. Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **onion** into half moons. Roughly chop the **parsley** (stalks and all). Roll the **sausage meat** into three **meatballs** per person.



### 2 FRY THE MEATBALLS

Heat a splash of **oil** in a frying pan on medium-high heat. Add in the **meatballs**. Fry, turning occasionally until browned all over, 5-6 mins. Remove to a plate and set aside - keep the pan!



### 3 START THE SAUCE

Put a large saucepan on medium heat with a splash more **oil** if it's dry. Add the **onion** and cook until soft, 5 mins. Add the **garlic** and the **fennel seeds** and cook for a further minute.



### 4 SIMMER THE SAUCE

Add the **diced tomatoes** to the pan, refill the tin(s) a **quarter** with **water**, give it a good swirl around to get all the tomato out and add this to the pan, along with a pinch of **salt**, **pepper** and a sprinkle of **sugar** (if you have some). Gently return the **meatballs** to the pan and simmer over medium-low heat until the sauce is thick and tomatoey, 6-8 mins.



### 5 COOK THE PASTA

Meanwhile, add the **linguine** to the boiling pan of water and cook for 6 mins or until 'al dente', then drain in a colander. **★ TIP:** 'Al dente' simply means the pasta is cooked through, but has a tiny bit of firmness left in the middle.



### 6 FINISH AND SERVE

Serve the **meatballs** and the **rich tomato sauce** piled on top of the **linguine**. Add a sprinkling of **parsley** and grate over the **parmesan cheese**. **Tuck in!**

## 2 PEOPLE INGREDIENTS

|   |               |
|---|---------------|
| Garlic Clove, grated                    | 1             |
| Onion, sliced                           | ½             |
| Flat Leaf Parsley, chopped              | 1 small bunch |
| Tuscan Pork Sausage Meat <sup>14)</sup> | 250g          |
| Fennel Seeds                            | ½ tsp         |
| Diced Tomatoes                          | 1 tin         |
| Linguine <sup>13)</sup>                 | 200g          |
| Parmesan Cheese, grated <sup>7)</sup>   | 20g           |

| NUTRITION UNCOOKED INGREDIENT | PER SERVING 480G | PER 100G 100G |
|-------------------------------|------------------|---------------|
| Energy (kcal)                 | 775              | 161           |
| (kJ)                          | 3234             | 673           |
| Fat (g)                       | 30               | 6             |
| Sat. Fat (g)                  | 12               | 2             |
| Carbohydrate (g)              | 84               | 17            |
| Sugars (g)                    | 12               | 2             |
| Protein (g)                   | 39               | 8             |
| Salt (g)                      | 3.95             | 0.82          |

### ALLERGENS

<sup>7)</sup> Milk <sup>13)</sup> Gluten <sup>14)</sup> Sulphites

**Tuscan Pork Sausage Meat:** Pork (74%, water, vegetable rusk, seasoning (salt, rice flour, stabilisers (diphosphates E450), preservative (E221 Sodium **Sulphite**), yeast extract, spices, spice extracts, antioxidant (E300 Ascorbic Acid), Natural flavouring, herb extracts), fennel, garlic granules, cayenne pepper)..

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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