

for the  
little ones

# MeatBall Pasta

Pork meatballs in tomato sauce tossed with pasta and finished with a crispy panko crumb topping!



25 Minutes



2 Servings



PORK

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## FROM YOUR BOX

|                  |          |
|------------------|----------|
| PANKO CRUMBS     | 20g      |
| PORK MEATBALLS   | 500g     |
| BROWN ONION      | 1        |
| GARLIC CLOVE     | 1        |
| SLICED MUSHROOMS | 1 punnet |
| PASTA SAUCE      | 1 jar    |
| LONG PASTA       | 250g     |
| PARSLEY          | 1 packet |

## FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano

## COOKING TOOLS

large frypan, saucepan

Boost the pasta sauce with more veggies of choice! Zucchini, broccoli, eggplant or capsicum all work well!

**No gluten option** – pasta is replaced with GF pasta and panko crumbs are replaced with slivered almonds. Toast the almonds as per step 1, but without adding oil.



### 1. PREPARE the CRISPY TOPPING

Bring a saucepan of water to a boil.

Place **panko crumbs** in a large frypan with **1 tbsp olive oil**, **1/2 tsp oregano** and a pinch of **salt**. Toast until golden and transfer to a serving bowl. Keep pan over medium-high heat.



### 2. BROWN the MEATBALLS

Add **meatballs** to the heated frypan and cook, turning, until golden. Dice **onion** and crush **garlic**, and add to pan as you go with **1 tsp oregano**. Cook until onion has softened.

**tip** It is easiest to remove the meatballs by turning the packet upside down straight into the pan.



### 3. SIMMER the SAUCE

Add sliced **mushrooms** to pan. Stir in **pasta sauce** and **1/4 jar water**. Bring to a simmer. Semi-cover and cook for 5-8 minutes.



### 4. COOK the PASTA

In the meantime, add **pasta** to boiling water and cook according to packet instructions or until al dente. Drain.

**tip** Stir a few times to ensure the pasta doesn't stick together.



### 5. TOSS the PASTA & SAUCE

Season the tomato sauce with **salt and pepper** to taste. Toss in drained pasta to combine.

**tip** Serve the pasta and meatballs separately if your family prefer!



### 6. FINISH AND SERVE

Chop **parsley**. Serve pasta in shallow bowls at the table. Top with crispy panko topping and parsley to taste.

**tip** Serve with a fresh side salad or lightly steamed greens if you like!