

for the  
little ones

# MeatBALL Pasta



25 Minutes



4 Servings



PORK

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

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## FROM YOUR BOX

PANKO CRUMBS	1 packet (20g)
PORK MEATBALLS	1 packet (500g)
BROWN ONION	1
GARLIC CLOVES	2
CHERRY TOMATOES	1 packet (200g)
SLICED MUSHROOMS	1 punnet
TOMATO PASSATA	1 jar
LONG PASTA	1 packet (500g)
PARSLEY	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, sugar (of choice)

## COOKING TOOLS

large frypan, large 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 **2 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

Halve tomatoes and add with sliced mushrooms. Stir in tomato passata and **1/4 jar water**. Bring to a simmer. Semi-cover and cook for 10 minutes.

**tip** Add a stock cube for more depth of flavour!



### 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 **1 tbsp sugar, salt and pepper** to taste. Toss in drained pasta to combine.

**tip** Serve 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!