

FOR the
Little ONES

MeatBALL Pasta

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)
MUSHROOMS	300g
TOMATO PASSATA	1 jar
LONG PASTA	1 packet (500g)
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, dried oregano, salt, pepper, 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 flaked 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 slice mushrooms, add to pan with 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!