



### Product Spotlight: Basil

Fresh basil should only be added to dishes for a short cooking time or fresh at the end, otherwise it will lose its lovely flavour!



## Cheesy Pork Meatballs with Pasta

Free-range pork meatballs cooked in a flavoursome tomato sugo and tossed with pasta and green beans, then topped with parmesan and fresh basil.



20 minutes



2 servings



Pork

7 April 2023

## Bake it!

*You can transform this dish into a pasta bake instead! Stir the meatballs through the pasta, transfer to an oven dish and cover with cheese. Bake in the oven until golden and melty.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	71g	30g	114g

## FROM YOUR BOX

SHORT PASTA	500g
PORK MINCE	300g
ZUCCHINI	1
TOMATO SUGO	1 jar
GREEN BEANS	1 bag (150g)
BASIL	1 packet
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

saucepan, large frypan (with lid)

## NOTES

Dice zucchini if you prefer.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions. See step 4.



### 2. BROWN THE MEATBALLS

Combine pork mince with **1 tsp oregano, salt and pepper**. Shape into 1 tbsp size meatballs using oiled hands. Heat a frypan with **oil**. Add meatballs and brown over medium-high heat for 5 minutes, turning.



### 3. ADD ZUCCHINI AND SUGO

Grate zucchini and add to the pan as you go (see notes). Pour in tomato sugo, cover and cook for further 5 minutes or until meatballs are cooked through.



### 4. ADD THE BEANS

Trim and chop green beans to desired size. Add to pasta water for the last 3 minutes, continue step 5.



### 5. TOSS PASTA & MEATBALLS

Drain pasta and beans and return to saucepan. Add meatballs and sauce, toss gently to combine and adjust seasoning with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Divide between bowls and top with basil leaves and parmesan cheese.



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