



Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



Creamy Pork Meatball Pasta

Free-range pork meatballs cooked until golden and tossed through pasta with a creamy and comforting mushroom sauce.



25 minutes



2 servings



Pork

14 July 2023

Hide the greens!

After the broccoli is cooked, you can finely chop it and stir it through the sauce to further hide the greens!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	75g	31g	110g

FROM YOUR BOX

SHORT PASTA	500g
BROCCOLI	1
PORK MEATBALLS	500g
BROWN ONION	1
BUTTON MUSHROOMS	150g
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried thyme or rosemary instead of oregano if preferred!

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 to boiling water and cook according to packet instructions or until al dente.



2. SIMMER THE BROCCOLI

While pasta is cooking, cut broccoli into small florets. Add to simmering water with pasta and cook for the last 5 minutes until tender. Set aside **1/2 cup cooking water** before draining.



3. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add meatballs. Dice and add onion. Cook for 8 minutes, tossing, until meatballs are browned.



4. SIMMER THE SAUCE

Slice and add mushrooms. Stir in tomato paste, sour cream and **reserved cooking water** until combined. Add **1 tsp oregano** and simmer for 5 minutes (see notes).



5. FINISH AND SERVE

Toss cooked pasta and broccoli into sauce until well combined. Season to taste with **salt and pepper**. Serve at the table.



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