DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Creamy Pork Meatball Pasta

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

Hide the greens!

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

🕑 25 minutes　　🍴 4 servings　　🍖 Pork

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Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	17g	100g

SHORT PASTA	500g
BROCCOLI	1
PORK MEATBALLS	500g
BROWN ONION	1
SLICED MUSHROOMS	200g
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub
PARSLEY	1 packet

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 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 cup cooking water** before draining. Remove broccoli to a serving bowl.

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

Stir in mushrooms, tomato paste, sour cream and **reserved cooking water** until combined. Add **2 tsp oregano** and simmer for 5 minutes (see notes).

5. TOSS THE PASTA

Toss cooked pasta into sauce until well combined. Season to taste with **salt and pepper**.

6. FINISH AND SERVE

Chop parsley and use to garnish pasta. Serve with broccoli on the side.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**