





Product Spotlight: Shallot

Shallot is less pungent than onion and garlic. Raw shallot is aromatic with a savoury taste, while cooked shallot has delicate, sweet flavour. In other words? It's great in this pasta sauce!

4 Pork Polpette with Pasta and Salad

Polpette may sound fancy, but not to worry; they're simply Italian pork meatballs! These are served over pasta, topped with crumbled feta cheese, and enjoyed with a simple side salad.

 30 minutes

 2 servings

 Pork

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Skip the polpette

If you're in a hurry, simply skip step 2. Instead, pan-fry diced shallot, dried oregano and crushed garlic in a little oil, then add pork mince. Brown for 2-4 minutes, then add pasta sauce and leave to simmer for 5-8 minutes.

FROM YOUR BOX

SHORT PASTA	250g
PARSLEY	1 bunch
PORK MINCE	300g
GARLIC CLOVE	1
SHALLOT	1
TOMATO SUGO	1 jar
BABY BEET AND LEAVES	1 bag (180g)
GREEN CAPSICUM	1/2 *
FETA CHEESE	1/2 block *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, white wine vinegar, honey

KEY UTENSILS

frypan, saucepan

NOTES

For a little heat, add a pinch of chilli flakes.

You can keep the capsicum sliced on the side for any fussy eaters.

No pork option – pork mince is replaced with **chicken meatballs**. Skip step 2, and fry the shallot with the meatballs in step 3.

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



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain and toss with **1/2 tbsp olive oil**.



2. MAKE THE POLPETTE

Chop parsley to yield 1 tbsp (keep remaining for garnish). Add to pork mince with crushed garlic, finely chopped shallot, **1 tsp oregano, salt and pepper** (see notes). Mix well and form into 7–8 polpette meatballs.



3. COOK THE POLPETTE

Heat a frypan over medium–high heat. Add polpette and cook, turning occasionally, for 5–6 minutes or until browned. Add tomato sumo and **2 tbsp water**. Simmer for 5–8 minutes.



4. MAKE THE DRESSING

In a large bowl, whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, 1/3 tsp honey, salt and pepper**.



5. TOSS THE SALAD

Add leaves to the dressing bowl with sliced capsicum (see notes). Toss together.



6. FINISH AND PLATE

Divide pasta among plates. Spoon over meatballs and sauce. Sprinkle with feta cheese and remaining parsley and serve salad 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**

