DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**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.

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

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

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 (see step 2).

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

Slice and add mushrooms. Stir in tomato paste, sour cream and **reserved cooking water** until combined. Add **2 tsp oregano** and simmer for 7-8 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.