



### 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



4 servings



Pork

### 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
	45g	17g	100g

## FROM YOUR BOX

SHORT PASTA	500g
BROCCOLI	1
PORK MEATBALLS	500g
BROWN ONION	1
MUSHROOMS	300g
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.



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### 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.

**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**

