

# GEORGIE & TOM'S

EATING WELL MADE EASY



## Pork & Fennel Meatballs

PORK & FENNEL MEATBALL PASTA WITH MARINARA SAUCE, ROASTED PEPPERS & SLOW ROAST TOMATOES SERVED WITH AN ARUGULA SALAD

★★★★☆ 4.3

24 reviews

*If you have received an order prior to the 7th of January, you will have received our old recipe. For more information and cooking instructions, please follow [this link](#)*

Microwave, oven  
5 minutes

**Shelf-life:** Day of delivery plus 5 days

750 calories per person  
Serves 2

*Mediterranean, High in fibre, Soy free*

*Pork & fennel meatballs pasta tray suitable for home freezing*

### HOW TO COOK

1. Bring **Italian dressing** to room temp.
2. Remove sleeve & film from **tray of meatballs**, microwave for 5-7 minutes or until piping hot.
3. Serve with **arugula** & Italian dressing.

*Alternatively you can remove the sleeve & film, cover the tray with foil and oven cook at 350F for 35 minutes, removing the foil after 25 minutes for the last 10 minutes of cooking to allow the topping to brown. Ensure piping hot before eating.*

### INGREDIENTS

Tomatoes, Ground pork (All natural, from United States), Pasta, Onion, Cheddar cheese, Carrot, Red bell pepper, Yellow bell pepper, Olive oil, Arugula, Slow roast tomato paste, Slow roast cherry tomatoes, Garlic, Spinach, Shallot, Parsley, Extra virgin olive oil, Lemon, Tomato puree, Agave syrup, Dijon mustard, Salt, Cider vinegar, Oregano, Fennel seeds, Red chilli, Black pepper, Basil, Rosemary, Thyme

**Allergens:** Gluten, Milk

Contains Mustard

### NUTRITION FACTS

Calories 750, Fat 44g, Saturated fat 9g, Carbohydrates 57g, Total sugars 12g, Protein 31g, Fibre 8g, Sodium 970mg