



Italian Pork Meatball Minestrone

with Chickpeas and Zucchini

Family Friendly

30 Minutes



Ground Pork



Orzo



Zucchini



Tomato Sauce



Italian Breadcrumbs



Mirepoix



Chickpeas



Baby Spinach



Italian Seasoning



Chili Flakes



Chicken Broth Concentrate

HELLO CHICKPEAS

High in fibre, low in carbs, and perfect for this hearty soup!

Start here

- Before starting, wash and dry all produce.

Heat Guide for Step 6 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust Out

Medium bowl, colander, measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Orzo	170 g	340 g
Zucchini	200 g	400 g
Tomato Sauce	2 tbsp	4 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Mirepoix	113 g	227 g
Chickpeas	370 ml	740 ml
Baby Spinach	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Chili Flakes 🌶️	1 tsp	1 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Add **6 cups water** and **1 tsp salt** to a medium pot (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While water comes to a boil, cut **zucchini** into ½-inch pieces. Add **pork** and **breadcrumbs** to a medium bowl, then stir to combine. Roll **pork mixture** into **10 equal-sized meatballs** (20 for 4 ppl). Transfer the **meatballs** to a plate. Set aside.



Start minestrone

Heat the same pot over medium heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened, 3-4 min. Add **tomato sauce** and **Italian Seasoning**. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **chickpeas** and their **liquid, broth concentrate** and **2 cups water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil over high heat.



Cook orzo

Add **orzo** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 8-10 min. Drain and return to the same pot, off heat. Add **1 tbsp butter** (dbl for 4 ppl) and stir until **butter** is melted and **orzo** is coated.



Finish minestrone

Once boiling, reduce heat to medium-low and carefully add **meatballs**. Cover and cook until **meatballs** are cooked through, 8-10 min.** Add **spinach** and **zucchini**, then stir, until **spinach** wilts, 1 min. Season with **salt** and **pepper**.



Cook zucchini

While **orzo** cooks, heat a large pot over medium heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**. Remove pot from the heat, then transfer **zucchini** to a plate. Set aside.



Finish and serve

Divide **orzo** between bowls. Ladle **meatballs** and **minestrone** over top, then sprinkle with **¼ tsp chili flakes**. (**NOTE:** Reference Heat Guide.)

Dinner Solved!