






Cooking Made Easy

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Italian Polpetti Soup with Fusilli and Fresh Pesto

As far back as 1897, Pellegrino Artusi, author of *La Scienza in Cucina e L'Arte di Mangiare Bene*, (The Science of Cooking and the Art of Eating Well), included three recipes for 'polpetti'. In Tuscany they were a favourite of housewives who frugally made them using scraps of meat and bread to feed their hungry families. We are of course referring to the (not so humble) meatball. Here we've jazzed up the recipe with Parmesan and a kick of chilli to tickle your tastebuds.

 25 min

 spicy



Flat Leaf Parsley



Garlic Clove



Carrot



Echalion Shallot



Vegetable Stock Pot



Organic Chopped Tomatoes



Beef Mince



Parmesan



Chilli Flakes



Fusilli




Ciabatta

Ingredients

	2P	4P
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Garlic Clove, diced	2	3
Carrot, cubed	1/3 cup	2/3 cup
Echalion Shallot, chopped	1 tbsp	2 tbsp
Vegetable Stock Pot 1	1	2
Organic Chopped Tomatoes	1 tin	2 tins
Beef Mince	220g	440g
Parmesan, grated 2	2 tbsp	4 tbsp
Chilli Flakes	1/2 tsp	1 tsp
Fusilli 3	1 cup	2 cups
Ciabatta 3	1	2

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | **2)** Milk

3) Gluten

Nutrition per serving: Calories: 669 kcal | Protein: 31 g | Carbs: 68 g | Fat: 28 g | Saturated Fat: 10 g



1 Boil 600ml of water. Very finely chop 1/4 cup parsley. Peel and finely dice the garlic. Peel the carrot and chop into small cubes along with the shallot.



2 Heat a tbsp of olive oil in a pot on medium heat. Cook off the garlic, carrot and shallot for 5 mins. **Tip:** *If the ingredients start to brown off, turn the heat down a little.*



3 Add the hot water, the stock pot and the tin of tomatoes. Leave the mixture to gently bubble away while you make the polpetti.

4 In a bowl mix together two-thirds of the parsley and the beef mince. Mix in 2 tbsp of the grated cheese and the chilli flakes (to taste). Mix in 1/4 a tsp of salt and a few grinds of pepper.



5 Divide the meat mixture into balls half the size of a 50 pence coin. Roll the balls on your chopping board to get them nice and round. Now add your pasta into the soup and cook for around 8 mins. **Tip:** *Pasta is ready when it is cooked through but has a slight firmness left in the middle.*

6 Heat a tbsp of oil in a non-stick pan on medium-high heat. Cook the polpetti in the pan, being careful not to break them. When the polpetti have just browned off, remove them from the pan. **Tip:** *Don't overcook them as they will dry out.*

7 Turn your oven to 100 degrees and slice your ciabatta in half before warming in the oven for 5 mins. With 5 mins to go until your pasta is cooked add your polpetti into the soup.

8 Serve with a sprinkling of grated cheese and remaining parsley. Use your bread to 'fare la scarpetta' (this means 'do the shoe' in Italian, aka mop your plate clean!).