



NUTRITION *per serving* 53g carbohydrates 28g fat 64g protein 1617mg sodium | CONTAINS gluten, dairy, soy

 Calories
742

 Prep & Cook Time
40-50 min.

 Cook Within
5 days

 Difficulty
Intermediate

 Spice Level
Not Spicy

IN YOUR BOX

- 1 Ciabatta Bread Roll
- ¼ oz. Parsley
- 2 Garlic Cloves
- 14 oz. Ground Pork
- 3 Tbsp. Meatloaf Seasoning
- 1 tsp. Fennel Seed
- 5 fl. oz. Pizza Sauce
- 2 oz. Shredded Mozzarella
- ½ cup Quick-Cooking Polenta
- .6 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Non-Stick Pan
- Small Pot

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Fennel Pork Meatballs

with polenta, marinara, and cheesy ciabatta

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Heads Up! Parsley** is used twice. Half is added to **pork mixture** and remaining garnishes dish.

FROM THE CHEF

As polenta sits and cools, it will get thicker. To return to proper consistency, stir in water 2 Tbsp. at a time until thick and creamy. Return to medium-high heat and stir until hot. Taste, and add salt and pepper if needed.

Did you know...

Fennel has been used throughout history to cure snake bites and ward off evil spirits. But its reputation as an aid for digestion, as well as its warm and aromatic anise, licorice-y flavor are what's made it popular for centuries in kitchens all over the world.



Prepare the Ingredients

Halve **ciabatta** lengthwise. Stem and mince **parsley**. Mince **garlic**.



Make the Pork Mixture

Add **ground pork**, **meatloaf seasoning**, and half the **parsley** (reserve remaining for garnish) to a medium mixing bowl. Add **garlic**, 1 Tbsp. **olive oil**, and **fennel** to a cold, medium non-stick pan. Place pan over medium heat, and cook, stirring occasionally, until garlic is golden brown and aromatic, 2-3 minutes. Transfer garlic and fennel to bowl with pork. Carefully combine pork mixture thoroughly, ensuring meat is evenly seasoned. Reserve pan; no need to wipe clean.



Form and Sear Meatballs

Form **pork mixture** into eight golf ball-sized meatballs. Return pan used to cook garlic to medium-high heat. Add ½ tsp. **olive oil** and **meatballs** to hot pan. Cook, flipping meatballs often, until browned on all sides, 4-5 minutes.



Finish Meatballs and Make Cheesy Bread

Transfer **meatballs** to one half of prepared baking sheet. Wipe pan clean and add **pizza sauce** to pan. Place pan on stove top. *The sauce will warm from residual heat in pan; no need to heat.* Place **ciabatta** on other half of baking sheet. Top with **mozzarella**. Bake until cheese is golden brown and meatballs reach a minimum internal temperature of 160 degrees, 8-10 minutes. While meatballs and cheesy bread cook, make polenta.



Make the Polenta

Bring a small pot with 2¼ cups **water** to a boil. Once water is boiling, reduce to a simmer. Add **polenta**, whisking often, until polenta is smooth, 4-6 minutes. Remove from burner, add **butter**, and whisk until thick and porridge-like. Season to taste with **salt** and **pepper**.



Plate the Dish

Scoop a serving of **polenta** into a shallow bowl or a high-sided plate. Top with **sauce** and **meatballs**. Garnish with remaining **parsley**. Halve **cheesy bread** diagonally and serve alongside.