



# Slow-Cooked Italian Beef Meatballs

with Spaghetti, Tomato Sauce & Parmesan

KID FRIENDLY



Grab your Meal Kit with this symbol



Beef Mince



Italian Herbs



Vegetable Stock Powder



Fine Breadcrumbs



Snacking Tomatoes



Passata



Garlic & Herb Seasoning



Spaghetti



Baby Spinach Leaves



Shaved Parmesan Cheese



Pork Mince

Prep in: **10-20 mins**  
Ready in: **85-95 mins**

Lace beef meatballs with Italian herbs before slow-cooking them in the oven with a rich red sauce, and the result is worth the wait! Despite the longer cook-time, these meatballs require minimal prep, with most of the magic happening in the oven.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Egg, Butter (Optional), Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium or large baking dish · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beef mince	1 small packet	1 medium packet
Italian herbs	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
snacking tomatoes	1 punnet	2 punnets
passata	1 box	2 boxes
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	⅓ cup	⅔ cup
<b>butter* (optional)</b>	20g	40g
<b>brown sugar*</b>	½ tbs	1 tbs
spaghetti	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
pork mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848Cal)	690kJ (165Cal)
Protein (g)	50.6g	9.8g
Fat, total (g)	29.9g	5.8g
- saturated (g)	14.9g	2.9g
Carbohydrate (g)	89.3g	17.4g
- sugars (g)	11.7g	2.3g
Sodium (mg)	1784mg	347mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3522kJ (842Cal)	685kJ (164Cal)
Protein (g)	47.2g	9.2g
Fat, total (g)	30.9g	6g
- saturated (g)	14.5g	2.8g
Carbohydrate (g)	89.3g	17.4g
- sugars (g)	11.7g	2.3g
Sodium (mg)	1781mg	346mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Bake the meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince**, **Italian herbs**, **vegetable stock powder**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a baking dish. Drizzle with **olive oil**, gently turning to coat.
- Bake **meatballs** until lightly browned, **10-15 minutes**.
- Meanwhile, halve **snacking tomatoes**.

**Custom Recipe:** If you've swapped to pork mince, combine and bake pork meatballs in the same way as the beef meatballs.

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## Cook the pasta & finish the meatballs

- When the meatballs are baking uncovered, bring a large saucepan of salted water to the boil.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- When the pasta is ready, reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **pasta** and return to saucepan.
- When the meatballs are ready, transfer to a plate. Gently stir **baby spinach leaves** and **spaghetti** through baking dish with the sauce. Season to taste.

**TIP:** If needed, loosen the pasta sauce by stirring through a splash of water.

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## Make it saucy

- Remove baking dish from oven, then add **snacking tomatoes**, **passata**, **garlic & herb seasoning**, the **salt**, the **water**, the **butter** (if using) and the **brown sugar**. Turn **meatballs** to coat. Cover baking dish tightly with foil.
- Reduce oven to **180°C/160°C fan-forced**. Return meatballs to the oven and bake until **tomatoes** are softened, a further **50-55 minutes**.
- Remove from oven. Uncover, then gently stir **meatballs** and **sauce**. Return to the oven. Bake, uncovered, until sauce is slightly thickened, a further **10-15 minutes**.

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## Serve up

- Divide spaghetti and sauce between bowls. Top with slow-cooked Italian beef meatballs.
- Sprinkle with **shaved Parmesan cheese** to serve. Enjoy!

## Rate your recipe

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