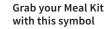


Slow-Cooked Italian Beef Meatballs

with Spaghetti, Tomato Sauce & Parmesan

KID FRIENDLY









Italian Herbs





Vegetable Stock Powder

Fine Breadcrumbs





Snacking Tomatoes

Passata





Spaghetti

Garlic & Herb Seasoning



Baby Spinach



Leaves

Shaved Parmesan Cheese





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.

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

Ingradients

ingredients				
	2 People	4 People		
olive oil*	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		
egg*	1	2		
snacking tomatoes	1 punnet	2 punnets		
passata	1 box	2 boxes		
garlic & herb seasoning	1 medium sachet	1 large sachet		
salt*	1/4 tsp	½ tsp		
water*	⅓ cup	⅔ cup		
butter* (optional)	20g	40g		
brown sugar*	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 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





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.



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** (1/4 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.



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.



Serve up

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

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