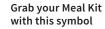


Slow-Cooked Beef Meatballs & Supergreens

with Spaghetti & Roasted Cherry Tomato Sauce

KID FRIENDLY











Vegetable Stock



Powder



Fine Breadcrumbs





Snacking Tomatoes





Spaghetti

Seasoning



Kale & Spinach



Shaved Parmesan Cheese





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

Change what you know about meatballs by adding kale and spinach to your mixture for an easy flavour boost. Served with a slow-cooked tomato sauce on top of spaghetti (and we haven't forgotten the cheese!), this is an Italian-inspired bowl everyone will love!

Olive Oil, Egg, Butter (Optional), Brown

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			
refer to method	refer to method			
1 small packet	1 medium packet			
1 medium sachet	1 large sachet			
1 medium sachet	1 large sachet			
1 medium packet	1 large packet			
1	2			
1 punnet	2 punnets			
1 box	2 boxes			
1 medium sachet	1 large sachet			
1/4 tsp	½ tsp			
⅓ cup	⅔ cup			
20g	40g			
½ tbs	1 tbs			
1 medium packet	1 large packet			
1 medium bag	1 large bag			
1 packet (26g)	1 packet (52g)			
1 small packet	1 medium packet			
*Pantry Items **Custom Recipe Ingredient				
	refer to method 1 small packet 1 medium sachet 1 medium packet 1 medium packet 1 1 punnet 1 box 1 medium sachet ½ tsp ⅓ cup 20g ½ tbs 1 medium packet 1 medium bag 1 packet (26g) 1 small packet			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3551kJ (849Cal)	690kJ (165Cal)
Protein (g)	50.7g	9.9g
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)	1788mg	348mg
Custom Pacina		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	685kJ (164Cal)
Protein (g)	47.3g	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)	1786mg	347mg

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, prepare and bake meatballs as above.



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 pan.
- When the meatballs are ready, transfer to a plate. Gently stir kale & spinach 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 snacking tomatoes are softened, a further 50-55 minutes.
- Remove from oven. Uncover, then gently stir meatballs and sauce. 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!

Rate your recipe

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