



Slow-Cooked Beef Meatballs & Supergreens

with Spaghetti & Roasted Cherry Tomato Sauce

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



Kale & Spinach



Shaved Parmesan Cheese



Pork Mince

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!

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
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*	¼ 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
kale & spinach	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)	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 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



1



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.

3



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.

2



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**.

4



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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