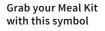


Basil Pesto Beef Meatballs

with Tomato-Mushroom Sauce & Spaghetti

HALL OF FAME

KID FRIENDLY











Beef Mince

Fine Breadcrumbs





Basil Pesto

Spaghetti





Sliced Mushrooms

Garlic & Herb Seasoning



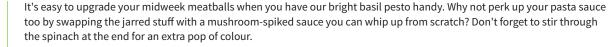


Passata

Baby Spinach Leaves

Parmesan Cheese

Prep in: 30-40 mins Ready in: 40-50 mins





Olive Oil, Brown Sugar, Butter

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

Large saucepan · Large frying pan with a lid (or foil)

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
zucchini	1	2	
beef mince	1 small packet	2 small packets OR 1 large packet	
fine breadcrumbs	1 medium packet	1 large packet	
basil pesto	1 packet	2 packets	
spaghetti	1 medium packet	1 large packet	
sliced mushrooms	1 medium packet	1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
passata	1 box	2 boxes	
brown sugar*	½ tbs	1 tbs	
butter*	20g	40g	
salt*	1/4 tsp	½ tsp	
baby spinach leaves	1 small bag	1 medium bag	
Parmesan cheese	1 medium packet	1 large packet	
diced bacon**	1 packet (90g)	1 packet (180g)	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4248kJ (1015Cal)	710kJ (170Cal)
Protein (g)	52.5g	8.8g
Fat, total (g)	46.8g	7.8g
- saturated (g)	16.5g	2.8g
Carbohydrate (g)	90.2g	15.1g
- sugars (g)	13g	2.2g
Sodium (mg)	1334mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4636kJ (1108Cal)	721kJ (172Cal)
Protein (g)	59.5g	9.3g
Fat, total (g)	53.5g	8.3g
- saturated (g)	19g	3g
Carbohydrate (g)	91g	14.2g
- sugars (g)	13.5g	2.1g
Sodium (mg)	1765mg	274mg

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





Get prepped

- Bring a large saucepan of salted water to the boil.
- Finely chop garlic.
- Grate zucchini.



Make the meatballs

- In a medium bowl, combine beef mince, fine breadcrumbs, basil pesto and a pinch of salt and pepper.
- Using damp hands, roll heaped spoonfuls of beef mixture into small meatballs (4-5 per person).

TIP: The pesto makes these meatballs extra tender but also delicate, so handle them carefully!

Custom Recipe: If you've added diced bacon, heat a drizzle of olive oil in a large frying pan over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a plate.



Start the sauce

- Wipe out frying pan, then return to medium-high heat with another drizzle of olive oil. Cook sliced mushrooms, stirring, until slightly browned, 3-4 minutes.
- Add zucchini and cook, stirring, until tender,
 2-3 minutes. Add garlic and garlic & herb
 seasoning and cook until fragrant, 1 minute.
- Stir in passata, the brown sugar, the butter, reserved pasta water and the salt. Stir to combine.



- Reduce heat to medium-low and return meatballs to the pan. Cover with a lid or foil and simmer until the meatballs are cooked through,
 4-6 minutes.
- Stir in baby spinach leaves, until just wilted, 1 minute. Season to taste, then remove from heat.

Custom Recipe: Add cooked diced bacon to the pan with meatballs.



Cook the spaghetti & meatballs

- Cook spaghetti in the boiling water until
 'al dente', 10 minutes. Reserve some pasta
 water (½ cup for 2 people / 1 cup for 4 people),
 then drain spaghetti and return to saucepan.
 Drizzle with olive oil to prevent sticking.
- While pasta is cooking, heat a drizzle of olive oil
 in a large frying pan over medium-high heat.
 Cook meatballs, gently turning, until browned,
 5-6 minutes (cook in batches if your pan is
 getting crowded). Transfer to a plate.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

TIP: Meatballs will continue cooking in step 5!



Serve up

- Divide spaghetti between plates.
- Top with beef and basil pesto meatballs.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!



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