



Basil Pesto Beef Meatballs

with Tomato-Mushroom Sauce & Spaghetti

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Zucchini



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Sliced Mushrooms



Garlic & Herb Seasoning



Passata



Baby Spinach Leaves



Parmesan Cheese



Diced Bacon

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

Eat Me First

It's easy to upgrade your midweek meatballs when you have our bright basil pesto handy. Why not perk up your pasta sauce too by swapping the jarred stuff with a mushroom-spiked sauce you can whip up from scratch? Don't forget to stir through the spinach at the end for an extra pop of colour.

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
zucchini	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
basil pesto	1 medium packet	2 medium 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 packet	2 packets
brown sugar*	½ tbs	1 tbs
butter*	20g	40g
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4248kJ (1015Cal)	710kJ (169Cal)
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)	13.1g	2.2g
Sodium (mg)	1334mg	223mg
Dietary Fibre (g)	11.4g	1.9g

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)	13.6g	2.1g
Sodium (mg)	1765mg	274mg
Dietary fibre	11.4g	1.8g

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

2024 | CW21



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.



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!



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**, **butter**, **reserved pasta water** and the **salt**. Stir to combine.



Finish the sauce

- 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.



Serve up

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

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