

Prep in: 30-40 mins

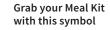
Ready in: 40-50 mins

Eat Me First

# **Basil Pesto Beef Meatballs**

with Tomato-Mushroom Sauce & Spaghetti

KID FRIENDLY















**Beef Mince** 





**Basil Pesto** 





Sliced Mushrooms

Garlic & Herb Seasoning

Spaghetti





Baby Spinach Leaves



Parmesan Cheese





**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

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	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*	1/4 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		

<sup>\*</sup>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)	<b>721kJ</b> (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

Scan here if you have 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.



# 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.



- 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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