



Traditional Beef Meatballs & Spaghetti

with Roasted Tomato Sauce & Parmesan Cheese

COSY COMFORTS

TAKEAWAY FAVES

SKILL UP

Grab your Meal Kit with this symbol



Tomato



Brown Onion



Thyme



Garlic



Spaghetti



Panko Breadcrumbs



Beef Mince



Italian Herbs



Chicken-Style Stock Powder



Tomato Paste



Baby Spinach Leaves



Parmesan Cheese



Pork Mince



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: **25-35 mins**
Ready in: **40-50 mins**

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. To ensure your meatballs are super juicy, try soaking the breadcrumbs in milk before adding them to the beef mince to form the meatballs. Our way guarantees mega flavour and is super easy to do whilst your tomatoes are roasting, creating a glorious umami taste.

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

Pantry items

Olive Oil, Milk, Egg, 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 · Large frying pan · Food processor

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	2	4
brown onion	1	2
thyme	1 packet	1 packet
garlic	2 cloves	4 cloves
spaghetti	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
milk*	¼ cup	½ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
Italian herbs	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
egg*	1	2
brown sugar*	1 tsp	2 tsp
chicken-style stock powder	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3519kJ (841Cal)	614kJ (147Cal)
Protein (g)	54.7g	9.5g
Fat, total (g)	22.3g	3.9g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	101.3g	17.7g
- sugars (g)	16.8g	2.9g
Sodium (mg)	992mg	173mg
Dietary Fibre (g)	13.3g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3491kJ (834Cal)	609kJ (146Cal)
Protein (g)	51.2g	8.9g
Fat, total (g)	23.2g	4g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	101.3g	17.7g
- sugars (g)	16.8g	2.9g
Sodium (mg)	991mg	173mg
Dietary Fibre (g)	13.3g	2.3g

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.

1



Roast the tomato

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Roughly chop **tomato** and **brown onion**.
- Pick **thyme** leaves. Finely chop **garlic**.
- In a baking dish, combine **tomato, onion, thyme** leaves, a pinch of **salt** and **pepper**, and a good drizzle of **olive oil**.
- Roast until tender and slightly charred, **20-25 minutes**.

4



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

2



Cook the spaghetti

- Meanwhile, pour boiled water into a large saucepan over high heat with a pinch of **salt**.
- Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan with a drizzle of **olive oil**.

5



Bring it all together

- Once roasted tomatoes are done, remove from oven. Allow to cool slightly. Transfer to a food processor with the **brown sugar** and **chicken-style stock powder** and blitz until smooth.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** and **tomato paste** until fragrant, **1-2 minutes**. Add **tomato sauce mixture, reserved pasta water** and **cooked spaghetti**. Cook until slightly reduced, **2-3 minutes**. Remove from heat and add **baby spinach leaves** and **meatballs**, tossing to combine. Season to taste.

TIP: If you don't have a food processor, use a blender or stick blender instead.

3



Make the meatballs

- In a large bowl, combine **panko breadcrumbs** (see ingredients) and the **milk**. Set aside for **5 minutes**.
- To the **soaked breadcrumbs**, add **beef mince, Italian herbs, the salt** and **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small **meatballs** (5-6 per person). Transfer to a plate.

TIP: The meatballs will be delicate but very tender once cooked!

Custom Recipe: If you've swapped to pork mince, prepare and cook pork meatballs in the same way as the beef meatballs.

6



Serve up

- Divide traditional beef meatballs and spaghetti between bowls.
- Sprinkle over **Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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