

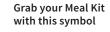
Traditional Beef Meatballs & Spaghetti

with Roasted Tomato Sauce & Parmesan Cheese

COSY COMFORTS

TAKEAWAY FAVES

SKILL UP













Thyme



Spaghetti

Panko Breadcrumbs





Italian Herbs



Chicken-Style



Tomato Paste

Stock Powder



Baby Spinach Leaves



Parmesan Cheese



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

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.

> 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.

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

 $\label{eq:medium} \mbox{Medium or large baking dish} \cdot \mbox{Large saucepan} \cdot \mbox{Large} \\ \mbox{frying pan} \cdot \mbox{Food processor} \\$

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
2	4		
1	2		
1 packet	1 packet		
2 cloves	4 cloves		
1 medium packet	1 large packet		
½ medium packet	1 medium packet		
1/4 cup	½ cup		
1 medium packet	2 medium packets OR 1 large packet		
1 medium sachet	1 large sachet		
1/4 tsp	½ tsp		
1	2		
1 tsp	2 tsp		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 2 1 1 packet 2 cloves 1 medium packet ½ medium packet ¼ cup 1 medium packet 1 medium sachet ¼ tsp 1 1 tsp 1 medium sachet 1 medium packet 1 medium packet 1 medium 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	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.



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.



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.



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.



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.



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 chickenstyle 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.



Serve up

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



