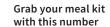


Slow-Cooked Italian Beef Meatballs

with Spaghetti & Parmesan

KID FRIENDLY











Italian Herbs



Vegetable Stock



Fine Breadcrumbs



Snacking Tomatoes



Garlic & Herb



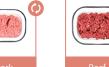
Seasoning



Baby Spinach Leaves

Parmesan Cheese





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

ingi edients		
	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 medium packet	2 medium packets OR 1 large packet
Italian herbs	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
snacking tomatoes	1 medium packet	2 medium packets
passata	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	2 medium sachets
salt*	1/4 tsp	½ tsp
water*	⅓ cup	⅔ cup
butter* (optional)	20g	40g
brown sugar*	½ tbs	1 tbs
spaghetti	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items Nutrition

Avg Qty Per 100g Per Serving Energy (kJ) 3550kJ (848Cal) Protein (g) 50.7g 9.9g Fat, total (g) 30g 5.8g 15g - saturated (g) 2.9g Carbohydrate (g) 89.3g 17.4g - sugars (g) 11.8g 2.3g Sodium (mg) 1782mg 346mg Dietary Fibre (g) 8.1g 1.6g

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.



Bake the meatballs

- Preheat oven to 220°C/200°C fan-forced.
- In a medium bowl, combine beef mince, Italian herbs, vegetable stock
 powder, fine breadcrumbs and the egg. Using damp hands, roll heaped
 spoonfuls of the mixture into small meatballs (4-5 per person). Transfer to a
 baking dish. Drizzle with olive oil, gently turning to coat.
- · Bake meatballs until lightly browned, 10-15 minutes.
- · Meanwhile, halve snacking tomatoes.



Cook the pasta & finish the meatballs

- While the meatballs are baking uncovered, bring a large saucepan of salted water to the boil. Cook spaghetti in the boiling water until 'al dente',
 10 minutes.
- When the pasta is ready, reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people), then drain pasta and return to saucepan.
- When the meatballs are ready, transfer to a plate. Gently stir baby spinach leaves and spaghetti through the sauce in the baking dish. Season to taste.



Make it saucy

- Remove baking dish from oven, then add snacking tomatoes, passata, garlic & herb seasoning, the salt, water, butter and brown sugar. Turn meatballs to coat. Cover baking dish tightly with foil.
- Reduce oven to 180°C/160°C fan-forced. Return meatballs to the oven and bake until tomatoes are softened, a further 50-55 minutes.
- Remove from oven. Uncover, then gently stir meatballs and sauce. Return
 to the oven. Bake, uncovered, until sauce is slightly thickened, a further
 10-15 minutes.



Serve up

- · Divide spaghetti and sauce between bowls.
- Top with slow-cooked Italian beef meatballs.
- Sprinkle with Parmesan cheese to serve. Enjoy!







