

Slow-Cooked Italian Beef Meatballs

with Spaghetti & Parmesan

KID FRIENDLY

Grab your meal kit
with this number

13



Beef Mince



Italian Herbs



Vegetable Stock
Powder



Fine Breadcrumbs



Snacking Tomatoes



Passata



Garlic & Herb
Seasoning



Spaghetti



Baby Spinach
Leaves



Parmesan Cheese



Pork
Mince



Beef
Mince

Prep in: **10-20** mins
Ready in: **85** mins - **95** mins

Change what you know about meatballs by adding kale and spinach to your mixture for an easy flavour boost. Served with a slow-cooked tomato sauce on top of spaghetti (and we haven't forgotten the cheese!), this is an Italian-inspired bowl everyone will love!

Pantry items

Olive Oil, Egg, Butter, Brown Sugar

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

	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*	¼ 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 Serving	Per 100g
Energy (kJ)	3550kJ (848Cal)	690kJ (165Cal)
Protein (g)	50.7g	9.9g
Fat, total (g)	30g	5.8g
- saturated (g)	15g	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.

We're here to help!

Scan here if you have any questions or concerns



1



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**.

3



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.

2



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**.

4



Serve up

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

**CUSTOM
OPTIONS**



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

