



Slow-Cooked Italian Beef Meatballs

with Hand-Cut Pasta & Parmesan

KID FRIENDLY

Grab your meal kit with this number

13



Beef Mince



Italian Herbs



Fine Breadcrumbs



Snacking Tomatoes



Diced Tomatoes with Onion & Garlic



Garlic & Herb Seasoning



Fresh Lasagne Sheets



Baby Spinach Leaves



Parmesan Cheese



Pork Mince



Beef Mince

Recipe Update

We've replaced the spaghetti in this recipe with hand-cut lasagne sheets due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 85-95 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 hand-cut pasta (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
salt*	¼ tsp	½ tsp
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
snacking tomatoes	1 medium packet	2 medium packets
diced tomatoes with onion & garlic	½ packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	⅓ cup	⅔ cup
butter*	20g	40g
brown sugar*	½ tbs	1 tbs
fresh lasagne sheets	1 packet	2 packets
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)	3528kJ (843Cal)	686kJ (164Cal)
Protein (g)	50.7g	9.9g
Fat, total (g)	30g	5.8g
- saturated (g)	15g	2.9g
Carbohydrate (g)	87.9g	17.1g
- sugars (g)	11.3g	2.2g
Sodium (mg)	1772mg	344mg
Dietary Fibre (g)	8.5g	1.7g

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**, the **salt**, **fine breadcrumbs** and **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

- When meatballs have **10 minutes** remaining, bring a large saucepan of salted water to the boil. Cut **lasagne sheets** in 2cm thick ribbons.
- Add **lasagne ribbons** to boiling water, cook over high heat until 'al dente', **3-4 minutes**. When the pasta is ready, reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain lasagne ribbons and return to saucepan. Drizzle with **oil** if needed.
- When the meatballs are ready, transfer to a plate. Gently stir **spinach leaves** and **pasta** through the sauce in the baking dish (add a splash of reserved pasta water to loosen sauce if needed). Season to taste.

CUSTOM OPTIONS



SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

2



Make it saucy

- Remove baking dish from oven, then add **snacking tomatoes**, **diced tomatoes with onion & garlic** (see ingredients), **garlic & herb seasoning**, the **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 dish from oven. Uncover, then gently stir. Return to the oven. Bake, uncovered, until sauce is slightly thickened, a further **10-15 minutes**.

4



Serve up

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

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

