

Beef Meatballs & Slurp-Tastic Spaghetti

with Parmesan Cheese

KID'S KITCHEN

Grab your meal kit with this number

44



Spaghetti



Baby Spinach Leaves



Carrot



Beef Mince



Fine Breadcrumbs



Savoury Seasoning



Garlic & Herb Seasoning



Diced Tomatoes With Onion & Garlic



Chicken Stock Pot



Parmesan Cheese



Parsley



Lamb Mince



Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

It's all hands on deck - this recipe is designed to be cooked by grown-ups and kids together! These slurp-tastic spaghetti noodles are served with a rich tomato sauce and savoury beef meatballs (and we haven't forgotten the cheese!). This dish is an Italian-inspired bowl everyone will love (even your harshest critic... the kids!).

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spaghetti	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
savoury seasoning	1 sachet	2 sachets
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken stock pot	1 small packet	1 medium packet
Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3741kJ (894cal)	680kJ (124cal)
Protein (g)	48.4g	8.8g
Fat, total (g)	32.4g	5.9g
- saturated (g)	15.4g	2.8g
Carbohydrate (g)	96g	17.5g
- sugars (g)	19g	3.5g
Sodium (mg)	3564mg	648mg
Dietary Fibre (g)	10g	1.8g

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.



Cook the spaghetti

- Boil the kettle. Half-fill a medium saucepan with boiling water and a generous pinch of **salt**.
- Cook **spaghetti** in boiling water until 'al dente', **9 minutes**.
- Drain **spaghetti**, then return to saucepan. Add **baby spinach leaves** and a drizzle of **olive oil**, tossing, until wilted and combined. Cover to keep warm.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

Little cooks: Older kids, help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Start the pasta sauce

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until tender, **2-3 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.



Get prepped

- Meanwhile, grate **carrot**.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **savoury seasoning**, the **egg** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.



Finish the pasta sauce

- Stir in **diced tomatoes with onion & garlic**, the **brown sugar**, **butter** and **chicken stock pot**, until slightly thickened, **1-2 minutes**. Season to taste.

Little cooks: Help pour in the diced tomatoes under adult supervision.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.



Finish & serve

- Divide spaghetti between bowls and spoon over pasta sauce.
- Top with beef meatballs.
- Sprinkle over **Parmesan cheese**.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the cheese and parsley!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

 **SWAP TO LAMB MINCE**
Follow method above.

 **DOUBLE PARMESAN CHEESE**
Follow method above.

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

