

Basil Pesto Beef Meatballs

with Tomato-Mushroom Sauce & Spaghetti

Grab your Meal Kit with this symbol



Garlic



Zucchini



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Sliced Mushrooms



Dried Oregano



Passata



Beef-Style Stock Powder



Mixed Leaves



Grated Parmesan Cheese

 **Recipe Update**

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive will be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

 Eat Me Early

It's easy to upgrade your midweek dinner when you have a slow-cooked lamb shoulder and our bright basil pesto handy. Why not perk up your pasta sauce too by swapping the jarred stuff with an oregano-spiked sauce you can whip up from scratch? Don't forget to stir through the mixed leaves at the end for an extra pop of colour.

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium or large baking dish · Large saucepan · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
zucchini	1	2
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
basil pesto	1 packet (50g)	1 packet (100g)
spaghetti	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
dried oregano	½ medium sachet	1 medium sachet
passata	1 box	2 boxes
brown sugar*	½ tbs	1 tbs
butter*	20g	20g
beef-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4379kJ (1046Cal)	781kJ (186Cal)
Protein (g)	54.8g	9.8g
Fat, total (g)	49.7g	8.9g
- saturated (g)	17.3g	3.1g
Carbohydrate (g)	89.7g	16g
- sugars (g)	12.2g	2.2g
Sodium (mg)	1158mg	206mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop **garlic**. Grate **zucchini**.



Start the sauce

Wipe out frying pan, then return to medium-high heat with another drizzle of **olive oil**, if needed. Cook **sliced mushrooms, garlic, dried oregano** (see ingredients) and **zucchini**, tossing, until softened, **5-6 minutes**. Stir in **passata**, the **brown sugar, butter, beef-style stock powder** and some reserved **pasta water**. Bring to the boil.



Make the meatballs

In a medium bowl, combine **beef mince, fine breadcrumbs**, the **egg, basil pesto** and a pinch of **salt** and **pepper**. Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person).

TIP: *The pesto makes these meatballs extra tender but also delicate, so handle them carefully!*



Finish the sauce

Once the sauce is boiling, add **meatballs** and **grated Parmesan cheese**. Cover with a lid or foil. Reduce heat to medium, then simmer until meatballs are cooked through, **6-7 minutes**. Stir in **mixed leaves** until just wilted, **1 minute**. Season to taste, then remove from heat.

TIP: *Add a splash more pasta water to loosen the sauce, if needed!*



Cook the pasta & meatballs

Cook **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/3 cup for 2 people / 2/3 cup for 4 people), then drain **spaghetti** and return to saucepan. Drizzle with **olive oil** to prevent sticking. While pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **meatballs**, gently turning, until browned and cooked through, **5-6 minutes** (cook in batches if pan is getting crowded). Transfer to a plate.

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



Serve up

Divide spaghetti between plates. Top with beef and basil pesto meatballs to serve.

Enjoy!

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