



Easy Slow-Cooked Italian Beef Meatballs

with Spaghetti, Tomato Sauce & Parmesan

Grab your Meal Kit with this symbol



Italian Herbs



Beef-Style Stock Powder



Fine Breadcrumbs



Cherry/Snacking Tomatoes



Passata



Garlic & Herb Seasoning



Spaghetti



Baby Spinach Leaves



Beef Mince



Grated Parmesan Cheese

Prep in: **10-20** mins
Ready in: **1 hr 25** mins
- **1 hr 35** mins

Lace beef meatballs with Italian herbs before slow-cooking them in the oven with a rich red sauce, and the result is worth the wait! Despite the longer cook-time, these meatballs require minimal prep, with most of the magic happening in the oven.

Pantry items

Olive Oil, Egg, Butter, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	1 medium packet
Italian herbs	1 medium sachet	1 large sachet
beef-style stock powder	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
cherry/snacking tomatoes	1 punnet	2 punnets
passata	1 box	2 boxes
garlic & herb seasoning	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
water*	½ cup	¾ cup
butter*	20g	40g
brown sugar*	½ tbs	1 tbs
spaghetti	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3578kJ (855Cal)	693kJ (166Cal)
Protein (g)	51.2g	9.9g
Fat, total (g)	30.4g	5.9g
- saturated (g)	15.1g	2.9g
Carbohydrate (g)	89.1g	17.3g
- sugars (g)	12.1g	2.3g
Sodium (mg)	1804mg	349mg

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.

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1



Bake the meatballs & get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince, Italian herbs, beef-style stock powder, fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **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 **cherry tomatoes**.

3



Cook the pasta & finish the meatballs

- When the meatballs have **25 minutes** remaining, 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** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to pan.
- 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.

TIP: If needed, loosen the pasta sauce by stirring through a splash of water.

2



Make it saucy

- Remove baking dish from oven, then add **cherry 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 baking dish 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 **grated Parmesan cheese** to serve. Enjoy!

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