



# Beef & Basil Pesto Meatballs

with Spaghetti, Parmesan & Semi-Dried Tomatoes

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Zucchini



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Dried Oregano



Passata



Beef-Style Stock Powder



Baby Spinach Leaves



Semi-Dried Tomatoes



Grated Parmesan Cheese

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

Change what you know about meatballs by adding a dollop of basil pesto to the mixture for an easy flavour boost. Serve with a rich tomato sauce on top of al dente spaghetti for a slurp-worthy Italian-inspired dish.

### 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

Large saucepan · Large frying pan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
zucchini	1	2
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
egg*	1	2
basil pesto	1 packet (50g)	1 packet (100g)
spaghetti	1 packet	2 packets
dried oregano	½ sachet	1 sachet
passata	1 box	2 boxes
brown sugar*	½ tbs	1 tbs
butter*	10g	20g
beef-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
semi-dried tomatoes	1 packet	2 packets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4513kJ (1078Cal)	720kJ (172Cal)
Protein (g)	55.5g	8.8g
Fat, total (g)	49g	7.8g
- saturated (g)	14.5g	2.3g
Carbohydrate (g)	98.3g	15.7g
- sugars (g)	17.5g	2.8g
Sodium (mg)	1374mg	219mg

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](https://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 the **brown onion** (see ingredients) and **garlic**. Grate the **zucchini**.



## Start the sauce

Return the frying pan to a medium-high heat with another drizzle of **olive oil**, if needed. Cook the **onion, garlic, dried oregano** (see ingredients) and **zucchini**, tossing, until softened, **5 minutes**. Stir in the **passata, brown sugar, butter, beef-style stock powder** and some reserved **pasta water** (1 1/2 tbs for 2 people / 3 tbs for 4 people). Bring to the boil.



## Make the meatballs

In a medium bowl, combine the **beef mince, fine breadcrumbs, salt, egg** and **basil pesto**. Using damp hands, take a heaped spoonful of the **beef mixture** and gently shape into a small meatball. Transfer to a plate and repeat with the remaining **mixture**. You should get 4-5 meatballs per person.

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



## Finish the sauce

Add the **meatballs**, then cover with a lid or foil. Reduce the heat to medium and simmer until the meatballs are cooked through, **6-7 minutes**. Stir in the **baby spinach leaves**, then increase the heat to high and cover until just wilted, **1 minute**. Season to taste, then remove from the heat.

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



## Cook the spaghetti & meatballs

Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **spaghetti** to the pan. Drizzle with **olive oil** to prevent the pasta from sticking. Meanwhile, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **meatballs**, in batches, until browned, **5-6 minutes**. Transfer to a plate (they will finish cooking in Step 5!).

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



## Serve up

Roughly chop the **semi-dried tomatoes**. Divide the spaghetti between plates. Top with the beef and basil pesto meatballs. Serve sprinkled with the **grated Parmesan cheese** and semi-dried tomatoes.

## Enjoy!

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