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Nonna's Italian Spaghetti with Tomato Sauce & Meatballs

Pork and veal are the perfect combination for a traditional Italian meatball. There's little else to be said about this classic dish – just remember to check your required amount of spaghetti for a perfect sauce to pasta ratio!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



eat me
early

Pantry Items



Olive Oil



Water



Balsamic
Vinegar



Butter



Garlic



Pork & Veal Mince



Red Onion



Diced Tomatoes



Baby Spinach
Leaves



Spaghetti



Parmesan Cheese

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2P	4P	Ingredients	
3 cloves	6 cloves	garlic, unpeeled & left whole	⊕
2 tbs	4 tbs	olive oil *	
1 packet	2 packets	pork & veal mince	
½	1	red onion, finely chopped	🌿 ⊕
1 tin	2 tins	diced tomatoes	
½ cup	1 cup	water *	
1 tsp	2 tsp	balsamic vinegar *	
½ bag	1 bag	baby spinach leaves	🌿 ⊕
2 tsp	1 tbs	butter *	
200 g	400 g	spaghetti (note: using additional pasta will alter flavour)	
½ block	1 block	Parmesan cheese, finely grated	🌿

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3120	Kj
Protein	51.3	g
Fat, total	22.5	g
-saturated	7.5	g
Carbohydrate	80	g
-sugars	8.4	g
Sodium	287	mg



You will need: chopping board, chef's knife, fine grater, kettle, small baking dish, large frying pan, wooden spoon, bowl, large saucepan, strainer and pasta spoon.

1 Preheat the oven to **220°C/200°C** fan-forced. Boil a full kettle of water (this will make cooking the pasta quicker in step 4).

2 Add the **garlic** and half the **olive oil** to a small baking dish and bake for **15 minutes**, or until caramelised. Remove from the oven (do not discard oil).

3 Meanwhile, roll the **pork & veal mince** into meatballs (4-5 per person). Heat the remaining olive oil in a large frying pan over a medium-high heat. Add the meatballs and cook, turning, for **3-4 minutes**, or until golden (the meatballs will cook fully in the next step). Remove the meatballs and set aside in a bowl.

4 Add the **red onion** to the same frying pan and cook over a medium-high heat for **5 minutes**, or until soft. Squeeze the roasted garlic cloves from their skins and add to the pan along with the garlicky oil. Cook for **1 minute**, breaking up with a wooden spoon. Add the **diced tomatoes, water, balsamic vinegar** and **baby spinach leaves**. Season with **salt** and **pepper** and bring to a simmer, then add the meatballs back to the pan. Reduce the heat to a medium-low, and cook for a final **15 minutes**, or until the liquid has reduced slightly. Stir through the **butter**.

5 Meanwhile, fill a large saucepan with the water from the kettle, add a pinch of salt and bring to the boil. Add the **spaghetti** and cook according to packet directions, or until 'al dente'. Drain.

Tip: Ensure you use the correct amount of pasta.

6 To serve, divide the spaghetti and meatballs between bowls and sprinkle over the grated **Parmesan cheese**.

