



Oven Baked Beef Meatballs & Fusilli

with Veggie Tomato Sauce & Parmesan

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Fine Breadcrumbs



Carrot



Zucchini



Fusilli



Passata



Beef-Style Stock Powder



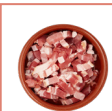
Baby Spinach Leaves



Beef Mince



Shaved Parmesan Cheese



Diced Bacon

Prep in: **15-25 mins**
Ready in: **30-35 mins**

Spiked with our garlic and herb seasoning, these minimal-work meatballs are cooked entirely in the oven and are brought together with a rich red sauce. Add in your fusilli and all the necessary garnishes and you have a new dinnertime favourite!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, 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 baking dish · Oven tray lined with baking paper · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
carrot	1	2
zucchini	1	2
fusilli	1 medium packet	1 large packet
passata	1 box	2 boxes
water*	½ cup	¾ cup
beef-style stock powder	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3276kJ (783Cal)	618kJ (148Cal)
Protein (g)	51.1g	9.6g
Fat, total (g)	21.6g	4.1g
- saturated (g)	9.5g	1.8g
Carbohydrate (g)	91.3g	17.2g
- sugars (g)	15.8g	3g
Sodium (mg)	1351mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3666kJ (876Cal)	637kJ (152Cal)
Protein (g)	57.8g	10g
Fat, total (g)	28.4g	4.9g
- saturated (g)	12g	2.1g
Carbohydrate (g)	92.2g	16g
- sugars (g)	16.3g	2.8g
Sodium (mg)	1783mg	310mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook meatballs

- Preheat oven to **220°C/200°C fan-forced**.
- In a medium bowl, combine **beef mince, garlic & herb seasoning, fine breadcrumbs** and the **egg**. Season with a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** and shape into small meatballs (4-5 meatballs per person).
- Transfer to a medium baking dish. Drizzle with **olive oil** and bake until golden, **15-20 minutes**.

3



Cook fusilli & start the sauce

- When veggies have **15 minutes** remaining, half-fill a medium saucepan with boiling water.
- Add **fusilli** and a pinch of **salt** and cook over high heat until tender, **11 minutes**.
- Drain, return to saucepan and drizzle with **olive oil** to prevent sticking.
- Remove **meatballs** from oven and stir through **passata**, the **water, beef-style stock powder** and the **brown sugar**.
- Return to oven to cook until sauce is slightly thickened, **5-8 minutes**.

Custom Recipe: If you've added diced bacon, while the meatballs are in the oven, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes.

2



Cook veggies

- While meatballs are baking, boil the kettle.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

4



Serve up

- When meatballs are done, add **baby spinach leaves** and roasted veggies. Stir to combine.
- Divide fusilli between bowls and top with roast veggie tomato sauce and meatballs. Sprinkle over **shaved Parmesan cheese** to serve. Enjoy!

Custom Recipe: Stir cooked bacon through with roasted veggies.

Rate your recipe

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