

Beef & Basil Pesto Meatballs in Tomato Sauce

with Garlic & Spinach Couscous

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Zucchini



Baby Spinach Leaves



Beef Mince



Fine Breadcrumbs



Basil Pesto



Couscous



Passata



Beef Stock



Grated Parmesan Cheese

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Change what you know about meatballs by adding a dollop of basil pesto to your mixture for an easy flavour boost. Served with a simple tomato sauce on top of garlicky couscous, this is an Italian-inspired bowl everyone will love!

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	1	2
carrot	1	2
zucchini	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
egg*	1	2
basil pesto	1 sachet (50g)	1 sachet (100g)
water*	¾ cup	1½ cups
couscous	1 packet	2 packets
passata	1 box (200g)	2 boxes (400g)
brown sugar*	½ tbs	1 tbs
beef stock	1 cube	2 cubes
butter*	20g	40g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (783Cal)	467kJ (111Cal)
Protein (g)	49.6g	7.1g
Fat, total (g)	32.5g	4.6g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	66.9g	9.5g
- sugars (g)	22g	3.1g
Sodium (mg)	1298mg	185mg

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

Finely chop the **garlic**. Finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Grate the **zucchini**. Roughly chop the **baby spinach leaves**.



Cook the couscous

While the **meatballs** are cooking, heat a drizzle of **olive oil** in a medium saucepan over medium-high heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **water**, season with **salt** and bring to the boil. Add the **couscous** and stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Make the meatballs

In a medium bowl, combine the **beef mince**, **fine breadcrumbs**, the **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 about 4-5 meatballs per person.

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



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil** (if needed). Add the **onion**, **carrot**, **zucchini** and remaining **garlic** and cook until softened, **5 minutes**. Add the **passata**, **brown sugar**, crumbled **beef stock** (1 cube for 2 people / 2 cubes for 4 people), **butter** and a splash of **water**. Add the **meatballs** to the sauce and cover with a lid or foil. Reduce the heat to medium and simmer until the meatballs are cooked through, **6-7 minutes**. Season to taste.

TIP: *Add a splash more water to your sauce if it's looking dry!*



Cook the meatballs

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **beef meatballs**, in batches, until browned, **5-6 minutes** (the meatballs will continue cooking in step 5). Transfer to a plate and set aside.



Serve up

Stir the spinach through the couscous. Divide the garlic and spinach couscous between bowls. Top with the pesto beef meatballs in tomato sauce. Top with the **grated Parmesan cheese** to serve.

Enjoy!