



SPAGHETTI & LAMB MEATBALLS

with Oregano Tomato Sauce



Make your own meatballs



Brown Onion



Garlic



Oregano



Zucchini



Lamb Mince



Fine Breadcrumbs



Greek Spice Blend



Spaghetti



Diced Tomatoes With Garlic & Olive Oil



Beef Stock



Baby Spinach Leaves



Shaved Parmesan Cheese

Hands-on: 30 mins
Ready in: 40 mins

We've put a twist on classic spaghetti and meatballs by using flavoursome lamb mince and adding nutritious spinach to the sauce. And don't forget to try our clever trick of stirring some of the pasta sauce through the spaghetti before serving – it gets every bite infused with flavour and stops the spaghetti from sticking.

Pantry Staples: Olive Oil, Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large saucepan** • **large frying pan** with a **lid**



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **oregano** leaves. Cut the **zucchini** into 1cm chunks.



2 MAKE THE MEATBALLS

In a medium bowl, combine the **lamb mince**, **fine breadcrumbs**, **eggs**, **Greek spice blend** and the **salt**. Using damp hands, take 1 tbs of the lamb mixture and shape into a small meatball. Set aside on a plate and repeat with the remaining mixture. You should get about 20 meatballs.



3 COOK THE PASTA & MEATBALLS

Add the **spaghetti** to the boiling water and cook for **9 minutes**, or until 'al dente'. Reserve **1/4 cup pasta water**, drain the pasta, then return to the saucepan and **drizzle** with **olive oil** to prevent sticking. While the pasta is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **lamb meatballs** and cook for **4-5 minutes**, or until browned (the meatballs will continue cooking in step 5). Transfer to a plate and set aside.



4 START THE SAUCE

Return the frying pan to a medium-high heat and add another **drizzle** of **olive oil** if needed. Add the **onion**, **garlic**, **oregano** and **zucchini** and cook for **2 minutes**, or until softened. Add the **diced tomatoes with garlic & olive oil**, **sugar**, **balsamic vinegar** and the **reserved pasta water** to the pan.

TIP: Adding sugar to your sauce balances out the acidity from the tomatoes.



5 FINISH THE SAUCE

Crumble the **beef stock** cubes into the sauce and bring to the boil. Add the **meatballs** to the sauce. Cover with a lid or foil, reduce the heat to medium and simmer for **5 minutes**, or until the meatballs are cooked through. Add the **baby spinach leaves** to the pan, increase the heat to high and cover for **1 minute** or until just wilted. Season to taste with **salt** and **pepper**.



6 SERVE UP

Add a large spoonful of the sauce to the cooked spaghetti and toss to coat. Divide the spaghetti, lamb meatballs and remaining tomato sauce with spinach and zucchini between plates. Sprinkle with the **shaved Parmesan cheese**.

TIP: For kids, follow our serving suggestion in the main photo!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	3 cloves
oregano	1 bunch
zucchini	2
lamb mince	1 packet
fine breadcrumbs	2 packets
eggs*	2
Greek spice blend	1 sachet
salt*	½ tsp
spaghetti	2 packets
diced tomatoes with garlic & olive oil	2 boxes
sugar*	1 tbs
balsamic vinegar*	½ tsp
beef stock	2 cubes
baby spinach leaves	1 bag (120 g)
shaved Parmesan cheese	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3700kJ (884Cal)	534kJ (128Cal)
Protein (g)	56.0g	8.1g
Fat, total (g)	19.7g	2.8g
- saturated (g)	8.4g	1.2g
Carbohydrate (g)	112g	16.1g
- sugars (g)	22.1g	3.2g
Sodium (g)	2140mg	309mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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