

SPAGHETTI & LAMB MEATBALLS

with Oregano Tomato Sauce





Make your own meatballs



Brown Onion







Oregano



Lamb Mince



Fine Breadcrumbs



Greek Spice



Spaghetti



Diced Tomatoes With Garlic & Olive Oil



Beef Stock



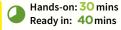
Baby Spinach Leaves

Vinegar



Shaved Parmesan

Pantry Staples: Olive Oil, Sugar, Balsamic



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.

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.



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.



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.



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**.



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!

ENJOY!

INGREDIENTS

4-5P refer to method 1 3 cloves
1
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3 cloves
1 bunch
2
1 packet
2 packets
2
1 sachet
½ tsp
2 packets
2 boxes
1 tbs
½ tsp
2 cubes
1 bag (120 g)
2 packets (60 g)

*Pantry Items

PER SERVING	PER 100G
3700kJ (884Cal)	534kJ (128Cal)
56.0g	8.1g
19.7g	2.8g
8.4g	1.2g
112g	16.1g
22.1g	3.2g
2140mg	309mg
	3700kJ (884Cal) 56.0g 19.7g 8.4g 112g 22.1g

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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