



Homestyle Beef Meatball Spaghetti

with Cherry Tomato Sauce & Parmesan

KID FRIENDLY

Grab your meal kit with this number

2



Onion



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Spaghetti



Nan's Special Seasoning



Tinned Cherry Tomatoes



Vegetable Stock Powder



Baby Leaves



Grated Parmesan Cheese



Diced Bacon



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Who doesn't love spaghetti and meatballs? Add some Parmesan cheese and top it with a smattering of cherry tomatoes and you've got a homey meal for all year round. Add some extra cheese to give it more of a zap.

Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
spaghetti	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	2 tsp	4 tsp
Nan's special seasoning	1 medium sachet	1 large sachet
tinned cherry tomatoes	1 tin	2 tins
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
butter*	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3954kJ (945Cal)	708kJ (169Cal)
Protein (g)	49.4g	8.8g
Fat, total (g)	36.5g	6.5g
- saturated (g)	19.3g	3.5g
Carbohydrate (g)	96g	17.2g
- sugars (g)	18.4g	3.3g
Sodium (mg)	1745mg	312mg
Dietary Fibre (g)	10.2g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle.
- Finely chop **onion** (see ingredients).
- In a medium bowl, combine **beef mince, garlic & herb seasoning, fine breadcrumbs** and the **egg**
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.



Cook the spaghetti

- Meanwhile, pour boiling water into a large saucepan with a pinch of **salt**.
- Cook **spaghetti** in boiling water, over high heat, until 'al dente', **10 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Start the sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar, brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.



Finish the sauce

- Add **Nan's special seasoning** and cook, stirring, until fragrant, **1 minute**.
- Add **tinned cherry tomatoes, vegetable stock powder** and reserved **pasta water**. Simmer, lightly crushing tomatoes with a spoon, until reduced, **3-4 minutes**.
- Remove pan from heat and add **baby leaves, the butter, meatballs** and cooked **spaghetti**. Stir to combine. Season to taste.



Serve up

- Divide homestyle beef meatball spaghetti between bowls.
- Sprinkle over **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



ADD DICED BACON

Cook with onion, breaking up with a spoon, until browned, 4-5 mins. Continue with recipe.



DOUBLE BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

