



# Basil Pesto & Beef Meatball Spaghetti

with Capsicum & Tomato-Mushroom Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Portabello Mushrooms



Celery



Carrot



Capsicum



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Dried Oregano



Tomato Sugo



Beef-Style Stock Powder



Grated Parmesan Cheese

Prep in: 30-40 mins  
Ready in: 40-50 mins

What's for dinner? This time old question that is constantly being asked. Get ready to have the answer that will satisfy the whole family - beef meatballs in golden strings of slurpable spaghetti. Throw in a soft basil pesto and some veggies like capsicum for a touch of colour and you've now got a quick and easy answer to that pesky dinner question.

### Pantry items

Olive Oil, Egg, Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food

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 saucepan · Large frying pan with a lid (or foil)

## Ingredients

|                         | 2 People           | 4 People                   |
|-------------------------|--------------------|----------------------------|
| <b>olive oil*</b>       | refer to method    | refer to method            |
| garlic                  | 2 cloves           | 4 cloves                   |
| portabella mushrooms    | 1 packet           | 1 packet                   |
| celery                  | 1 stalk            | 2 stalks                   |
| carrot                  | 1                  | 2                          |
| capsicum                | 1                  | 2                          |
| beef mince              | 1 packet           | 1 packet<br>(or 2 packets) |
| fine breadcrumbs        | 1 medium packet    | 1 large packet             |
| <b>egg*</b>             | 1                  | 2                          |
| basil pesto             | 1 packet<br>(50g)  | 1 packet<br>(100g)         |
| spaghetti               | 1 packet           | 1 packet                   |
| dried oregano           | 1 packet           | 1 packet                   |
| tomato sugo             | 1 packet<br>(200g) | 1 packet<br>(400g)         |
| <b>brown sugar*</b>     | ½ tbs              | 1 tbs                      |
| <b>butter*</b>          | 20g                | 40g                        |
| beef-style stock powder | 1 medium sachet    | 1 large sachet             |
| grated Parmesan cheese  | 1 medium packet    | 1 large packet             |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4799kJ (1147Cal) | 683kJ (163Cal) |
| Protein (g)      | 57.1g            | 8.1g           |
| Fat, total (g)   | 55.1g            | 7.8g           |
| - saturated (g)  | 19.6g            | 2.8g           |
| Carbohydrate (g) | 98.2g            | 14g            |
| - sugars (g)     | 19g              | 2.7g           |
| Sodium (mg)      | 1112mg           | 158mg          |

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://hellofresh.co.nz/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

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## Get prepped

- Bring a large saucepan of salted water to the boil. Finely chop **garlic**. Thinly slice **portabella mushrooms**. Finely chop **celery** and **carrot**. Roughly chop **capsicum**.



## Start the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms, celery, carrot, capsicum, garlic** and **dried oregano**, tossing, until softened, **6-7 minutes**.
- Stir through **tomato sugo**, the **brown sugar, butter, beef-style stock powder** and a splash of reserved **pasta water**. Bring to a simmer.



## Cook the meatballs

- In a medium bowl, combine **beef mince, fine breadcrumbs, the egg, basil pesto** and a pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, gently turning, until browned, **5-6 minutes** (cook in batches if pan is getting crowded). Transfer to a plate.

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

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



## Finish the sauce

- Add **meatballs** and **grated Parmesan cheese**. Cover with a lid (or foil).
- Reduce heat to medium, then simmer until meatballs are cooked through, **6-7 minutes**. Season to taste, then remove from heat.

**TIP:** Add a splash more pasta water to loosen up the sauce, if needed!

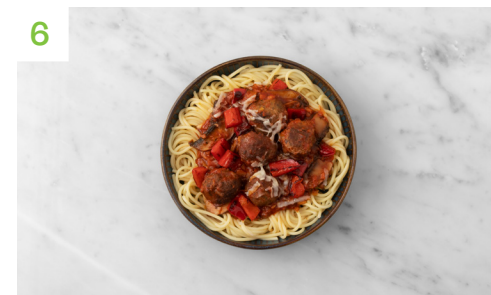
**Little cooks:** Add the finishing touch by adding the cheese to the sauce. Careful, the sauce is hot!



## Cook the spaghetti

- While the meatballs are cooking, cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ⅓ cup for 4 people), then drain **spaghetti** and return to saucepan. Drizzle with **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Serve up

- Divide spaghetti between bowls.
- Top with basil pesto and beef meatballs with capsicum sauce to serve. Enjoy!

## Rate your recipe

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