Basil Pesto & Beef Meatball Spaghetti
with Tomato-Mushroom Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol

Garlic	Celery
Carrot	Portabello Mushrooms
Beef Mince	Fine Breadcrumbs
Basil Pesto	Spaghetti
Dried Oregano	Tomato Sugo
Beef-Style Stock Powder	Grated Parmesan Cheese

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

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 hearty mushrooms and you've now got a quick and easy answer to that pesky dinner question.

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Before you start

Wash your hands and any fresh food

You will need

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

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
carrot	1	2
portabello mushrooms	1 packet	1 packet
beef mince	1 packet	1 packet (or 2 packets)
fine breadcrumbs	1 medium packet	1 large packet
*egg**	1	2
basil pesto	1 packet (50g)	1 packet (100g)
spaghetti	1 packet	1 packet
dried oregano	1 sachet	1 sachet
tomato sugo	1 packet (200g)	1 packet (400g)
*brown sugar**	½ tbs	1 tbs
*butter**	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)	4710kJ (1126Cal)	750kJ (179Cal)
Protein (g)	55.8g	8.9g
Fat, total (g)	54.9g	8.7g
- saturated (g)	19.6g	3.1g
Carbohydrate (g)	95.2g	15.2g
- sugars (g)	16g	2.5g
Sodium (mg)	1111mg	177mg

The quantities provided above are averages only.

Allergens

1

Get prepped

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

2

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 and cooked through, **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!*

3

Cook the spaghetti

- While the meatballs are cooking, cook **spaghetti** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (⅓ cup for 2 people / ⅔ 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.*

4

Start the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, **celery**, **carrot**, **mushrooms** and **dried oregano**, tossing, until softened, **5-6 minutes**.
- Stir in **tomato sugo**, the **brown sugar**, **butter**, **beef-style stock powder** and a splash of reserved **pasta water**. Bring to a simmer.

5

Finish the sauce

- Add **meatballs** and **grated Parmesan cheese** to the pan. 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 the sauce, if needed!*
Little cooks: *Add the finishing touch by adding the cheese to the sauce. Careful, the sauce is hot!*

6

Serve up

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

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