



Lamb Meatballs & Spaghetti

with Oregano Tomato Sauce & Parmesan



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Carrot



Lamb Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Spaghetti



Dried Oregano



Chopped Tomatoes




Beef Stock



Baby Spinach Leaves



Grated 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 items

Olive Oil, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
brown onion	1
garlic	3 cloves
carrot	2
lamb mince	1 packet
fine breadcrumbs	1 packet
eggs*	2
garlic & herb seasoning	2 sachets
salt*	¼ tsp
spaghetti	2 packets
dried oregano	1 sachet
chopped tomatoes	2 tins
beef stock	1 sachet
baby spinach leaves	1 bag (120g)
grated Parmesan cheese	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (784Cal)	535kJ (128Cal)
Protein (g)	53.1g	8.7g
Fat, total (g)	17.7g	2.9g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	98.9g	16.1g
- sugars (g)	18.1g	3.0g
Sodium (g)	1620mg	264mg

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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). Grate the **carrot** (unpeeled).



2. Make the meatballs

In a medium bowl, combine the **lamb mince**, **fine breadcrumbs**, **eggs**, **garlic & herb seasoning** and the salt. Using damp hands, take a tablespoon 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 meatballs

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

TIP: The meatballs will continue cooking in step 5!

TIP: 'Al dente' means the pasta is cooked through but still has a tiny bit of firmness in the middle.



4. Start the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **onion**, **garlic**, **dried oregano** and **carrot** and cook until softened, **3-4 minutes**. Add the **chopped tomatoes** and the **reserved pasta water**.



5. Finish the sauce

Add the **beef stock** to the frying pan with the sauce and bring to the boil. Return the **meatballs** to the sauce, cover with a lid or foil, then reduce the heat to medium. Simmer until the meatballs are cooked through, **5 minutes**. Add the **baby spinach leaves**, increase the heat to high and cover until just wilted, **1 minute**. 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 between plates. Sprinkle with the **grated Parmesan cheese**.

Enjoy!