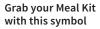


Spiced Beef Meatball Spaghetti with Cherry Tomato Sauce & Parmesan

NEW

KID FRIENDLY









Seasoning



Fine Breadcrumbs

Spaghetti

Aussie Spice



Blend

Beef-Style



Baby Spinach

Tomatoes

Stock Powder



Beef Mince



Grated Parmesan Cheese





Pantry items

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

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

 ${\it Large frying pan \cdot Large saucepan}$

Ingredients

ingi ediento				
	2 People	4 People		
olive oil*	refer to method	refer to method		
onion	1 (medium)	1 (large)		
beef mince	1 packet	1 packet		
garlic & herb seasoning	1 sachet	1 sachet		
fine breadcrumbs	1 packet	1 packet		
egg*	1	2		
spaghetti	1 packet	1 packet		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	2 tsp	4 tsp		
Aussie spice blend	1 sachet	1 sachet		
tinned cherry tomatoes	1 tin	2 tins		
beef-style stock powder	1 sachet (5g)	1 sachet (10g)		
baby spinach leaves	1 medium bag	1 large bag		
butter*	30g	60g		
grated Parmesan cheese	1 medium packet	1 large packet		
diced bacon**	1 packet	1 packet		

*Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3965kJ (948Cal)	708kJ (169Cal)
Protein (g)	50.2g	9g
Fat, total (g)	36.7g	6.6g
- saturated (g)	19.4g	3.5g
Carbohydrate (g)	95.8g	17.1g
- sugars (g)	17.6g	3.1g
Sodium (mg)	1786mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4550kJ (1087Cal)	746kJ (178Cal)
Protein (g)	58.2g	9.5g
Fat, total (g)	48.8g	8g
- saturated (g)	23.9g	3.9g
Carbohydrate (g)	95.8g	15.7g
- sugars (g)	17.7g	2.9g
Sodium (mg)	2185mg	358mg

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 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
2023 | CW03





Get prepped

- Boil the kettle. Finely chop onion.
- 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 over high heat with a pinch of salt.
- Cook spaghetti in boiling water until 'al dente',
 10 minutes.
- Reserve some pasta water (1/2 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 and return frying pan 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.

Custom Recipe: If you've added bacon, cook diced bacon with the onion, 5-6 minutes.
Continue as above.



Finish the sauce

- Add Aussie spice blend and cook, stirring, until fragrant, 1 minute.
- Add tinned cherry tomatoes, beef-style stock powder and reserved pasta water. Simmer, lightly crushing tomato with a spoon, until slightly reduced, 3-4 minutes.
- Remove pan from heat and add baby spinach leaves, the butter, cooked meatballs and spaghetti. Stir to combine and season to taste.



Serve up

 Divide spiced 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.

Rate your recipe

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