



Spiced Beef Meatball Spaghetti

with Cherry Tomato Sauce & Parmesan

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Garlic & Herb Seasoning



Fine Breadcrumbs



Spaghetti



Aussie Spice Blend



Tinned Cherry Tomatoes



Beef-Style Stock Powder



Baby Spinach Leaves



Beef Mince



Grated Parmesan Cheese



Diced Bacon

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Large frying pan · Large saucepan

Ingredients

	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](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.

We're here to help!

Scan here if you have any questions or concerns

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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.



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.



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.



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.



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!



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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