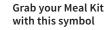


# Bolognese-Style Beef Meatballs with Spaghetti & Cheddar Cheese















Garlic & Herb Seasoning





Fine Breadcrumbs

Spaghetti



Chicken-Style Stock Powder

Beef Mince

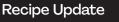






Tomato Sugo

Shredded Cheddar Cheese



The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

> **Pantry items** Olive Oil, Egg, Butter

Prep in: 20 mins Ready in: 30 mins

Is there anything better than a big bowl of spaghetti and meatballs? Our quick and easy version is bursting full of flavour, and we even managed to sneak in some hidden veg! Which makes this the perfect mid-week dinner for the kids.

#### 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

 $Large\ saucepan\cdot Large\ frying\ pan$ 

## Ingredients

	2 People
olive oil*	refer to method
carrot	1/2
baby spinach leaves	1 medium bag
garlic	2 cloves
beef mince	1 small packet
garlic & herb seasoning	1 sachet
fine breadcrumbs	1 packet
egg*	1
spaghetti	1 packet
tomato sugo	1 packet
chicken-style stock powder	1 sachet
	(5g)
butter*	20g
shredded Cheddar cheese	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4000kJ (956Cal)	797kJ (190Cal)
Protein (g)	54g	10.8g
Fat, total (g)	37g	7.4g
- saturated (g)	18.2g	3.6g
Carbohydrate (g)	93g	18.5g
- sugars (g)	13g	2.6g
Sodium (mg)	1579mg	315mg

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.



#### Get prepped

- Grate carrot (see ingredients). Roughly chop baby spinach leaves. Finely chop garlic.
- In a medium bowl, combine beef mince, garlic & herb seasoning, fine breadcrumbs, carrot and the egg.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.

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



#### Cook meatballs & sauce

- While the pasta is cooking, 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 pan is getting crowded). Transfer to a plate.
- Wipe out frying pan, then return to medium-low heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Add tomato sugo, chicken-style stock powder, spinach, cooked meatballs and reserved pasta water. Cook until slightly reduced, 1-2 minutes.
- Remove pan from heat, add spaghetti and the butter and toss to combine.
  Season to taste.



## Cook the pasta

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt. Cook spaghetti, uncovered, over high heat, until 'al dente', 10 minutes.
- Reserve 1/4 cup of pasta water, then drain and return spaghetti 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 spaghetti and meatballs between bowls.
- Spoon over any remaining sauce and sprinkle with shredded Cheddar cheese to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling the cheese on top.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.co.nz/rate



Scan here if you have any questions or concerns