



Bolognese-Style Beef Meatballs

with Spaghetti & Cheddar Cheese

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Garlic



Garlic & Herb Seasoning



Fine Breadcrumbs



Spaghetti



Chicken-Style Stock Powder



Beef Mince



Tomato Sugo



Shredded Cheddar Cheese



Recipe Update

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!

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.

Pantry items

Olive Oil, Egg, 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 saucepan · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
carrot	½
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

*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.

1



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!

3



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.

2



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 into saucepan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!

4



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.

We're here to help!

Scan here if you have any questions or concerns



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