

HELLO Classic Turkey Meatballs with Spagnetti and Parmosan

with Spaghetti and Parmesan

25 Minutes





Customized Protein Add

(Swap

2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫

Ground Beef 250 g | 500 g

2 | 4



Ground Turkey



250 g | 500 g







Tomatoes with



Garlic and Onion

Tomato Sauce

1 | 2





Italian Seasoning





1 tbsp | 2 tbsp

Cheese, shredded 1/4 cup | 1/2 cup





Yellow Onion, chopped 56 g | 113 g

Breadcrumbs 4 tbsp | 8 tbsp



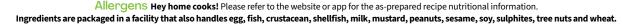


Baby Spinach 56 g | 113 g

Chicken Broth Concentrate 1 | 2



Garlic Salt 1 tsp | 2 tsp



Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, parchment paper, strainer



Prep

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Roughly chop spinach.



Cook spaghetti

- Add spaghetti to the boiling water.
- Cook, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup (1 cup) pasta water, then drain and return **spaghetti** to the same pot, off heat.



Make and roast meatballs

🗘 Swap | Ground Beef 🗋

🗘 Swap | Beyond Meat°

- · Meanwhile, add turkey, breadcrumbs, half the Italian Seasoning, half the Parmesan and half the garlic salt to a large bowl. Season with **pepper**, then combine.
- Roll mixture into 8 (16) equal-sized meatballs.
- Arrange meatballs on a parchment-lined baking sheet.
- Roast in the middle of the oven, turning halfway through, until golden-brown and cooked through, 10-12 min.**



Start sauce

- Heat a large non-stick pan over medium-high
- When hot, add 2 tbsp (4 tbsp) butter, then onions. Cook, stirring often, until onions soften, 2 min.



Finish sauce

- Add tomato sauce base, broth concentrate, crushed tomatoes, remaining Italian Seasoning, remaining garlic salt and reserved pasta water. Season with pepper, then stir to combine.
- Cook, stirring often, until sauce thickens slightly 3-4 min.
- Add meatballs and spinach to the pan. Cook, stirring often, until **spinach** wilts, 1 min.



Finish and serve

- Add **sauce** and **meatballs** to the large pot with spaghetti. Toss to coat.
- Divide turkey meatball pasta between bowls.
- Sprinkle remaining Parmesan over top.

Measurements within steps

1 tbsp 2 person

oil

3 | Make and roast meatballs

O Swap | Ground Beef

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the turkey.**

3 | Make Beyond Meat® meatballs

O Swap | Beyond Meat

If you've opted to get Beyond Meat®, prep and cook it the same way the recipe instructs you to prep and cook the turkey.**