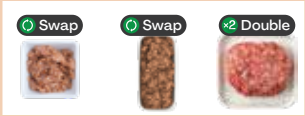




Cheesy Baked Pasta and Meatballs with Spinach

Family Friendly

25-35 Minutes



Customized Protein + Add Swap or *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

Mild Italian Sausage, uncased 250 g | 500 g Plant-Based Ground Protein 250 g | 500 g Ground Beef 500 g | 1000 g



Ground Beef 250 g | 500 g



Italian Breadcrumbs 2 tbsp | 4 tbsp



Crushed Tomatoes with Garlic and Onion 1 | 2



Tomato Sauce Base 2 tbsp | 4 tbsp



Baby Spinach 56 g | 113 g



Cavatappi 170 g | 340 g



Mozzarella Cheese, shredded 3/4 cup | 1 1/2 cups



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



Soy Sauce 1/2 tbsp | 1 tbsp



Garlic Powder 1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted Butter, salt, pepper, sugar

Cooking utensils | 8x8" baking dish, colander, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook cavatappi

- Before starting, preheat the oven to 450°F.
 - Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **cavatappi** to the same pot, off heat.

2



Roast meatballs

🔄 Swap | Mild Italian Sausage

🔄 Swap | Plant-Based Ground Protein

✖2 Double | Ground Beef

- Meanwhile, add **beef**, **breadcrumbs**, **half the soy sauce**, **half the garlic powder**, **2 tbsp** (4 tbsp) **milk**, **3 tbsp** (6 tbsp) **Parmesan** and **¼ tsp** (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Transfer to an 8x8-inch baking dish (9x13-inch for 4 ppl).
- Roast in the **top** of the oven until cooked through, 10-12 min.**
- When **meatballs** are done, remove them from the oven, then switch the oven to broil.

3



Cook sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- Add **tomato sauce base**, **crushed tomatoes**, **remaining garlic powder**, **remaining soy sauce** and **½ tsp** (1 tsp) **sugar**. Season with **salt** and **pepper**. Bring to a gentle simmer, stirring occasionally.
- Simmer, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Add **1 tbsp** (2 tbsp) **butter**, then stir until melted.

4



Finish sauce

- Add **cavatappi** and **reserved pasta water** to the pan with **sauce**.
- Increase heat to medium-high. Cook, stirring occasionally, until **sauce** thickens and coats **cavatappi**, 2-3 min.
- Meanwhile, roughly chop **spinach**.
- Add **spinach**. Cook, stirring constantly, until wilted, 1 min.
- Season with **salt** and **pepper**, to taste.

5



Assemble and broil

- Add **meatballs** to the pan with **pasta**, then gently toss to coat **meatballs** in **sauce**.
- Transfer **pasta** and **meatballs** to the baking dish used for **meatballs**.
- Sprinkle **mozzarella**, then **remaining Parmesan** over top.
- Broil **pasta** and **meatballs** in the **middle** of the oven until **cheese** is melted and top is golden, 4-6 min. (**TIP**: Keep your eye on pasta and meatballs so they don't burn!)

6



Finish and serve

- Divide **cheesy baked pasta** and **meatballs** between plates.

Measurements within steps | 1 tbsp (2 tbsp) oil | 2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Roast meatballs

🔄 Swap | Mild Italian Sausage

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

2 | Roast plant-based 'meatballs'

🔄 Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prep and cook the same way the recipe instructs you to prep and cook **beef****

2 | Roast meatballs

✖2 Double | Ground Beef

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Roll **mixture** into **16** (32) **equal-sized meatballs**. Follow rest of recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.