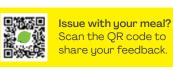


# **Cheesy Baked Pasta and Meatballs**

with Spinach

Family Friendly 25–35 Minutes





## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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.

|  | Measurements<br>within steps | 1 tbsp   | (2 tbsp) | oil        |
|--|------------------------------|----------|----------|------------|
|  |                              | 2 person | 4 person | Ingredient |

#### Bust out

Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

#### Ingredients

|                                | 2 Person | 4 Person |
|--------------------------------|----------|----------|
| Ground Beef                    | 250 g    | 500 g    |
| Italian Sausage, uncased       | 250 g    | 500 g    |
| Italian Breadcrumbs            | 2 tbsp   | 4 tbsp   |
| Marinara Sauce                 | 1 cup    | 2 cups   |
| Tomato Sauce Base              | 2 tbsp   | 4 tbsp   |
| Garlic Powder                  | 1 tsp    | 2 tsp    |
| Baby Spinach                   | 56 g     | 113 g    |
| Cavatappi                      | 170 g    | 340 g    |
| Mozzarella Cheese,<br>shredded | ¾ cup    | 1 ½ cups |
| Parmesan Cheese, grated        | ¼ cup    | ½ cup    |
| Soy Sauce                      | ½ tbsp   | 1 tbsp   |
| Unsalted Butter*               | 1 tbsp   | 2 tbsp   |
| Sugar*                         | ½ tsp    | 1 tsp    |
| Salt and Pepper*               |          |          |

\* Pantry items

\*\* Cook beef and sausage to a minimum internal temperature of 74°C/165°F.

### 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.







#### Cook cavatappi

• Add cavatappi to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.

• Reserve <sup>1</sup>/<sub>2</sub> cup (1 cup) pasta water, then drain and return cavatappi to the same pot, off heat.



#### Finish sauce and cook spinach

- 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.



#### **Roast meatballs**

 Meanwhile, add beef, breadcrumbs, half the soy sauce, half the garlic powder, 2 tbsp (4 tbsp) milk, 3 tbsp (6 tbsp) **Parmesan** and **<sup>1</sup>/<sub>4</sub> tsp** (<sup>1</sup>/<sub>2</sub> tsp) **salt** to a large bowl. Season with **pepper**, then combine.

 Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl).

 Transfer to an 8x8-inch baking dish (9x13inch for 4 ppl).

• Roast in the **top** of the oven until cooked through, 10-12 min.\*\*

• When meatballs are done, switch the oven to broil.

If you've opted to get **Italian sausage**, cook it in the same way the recipe instructs you to cook the **beef**.\*\*



#### 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!)



#### Cook sauce

• Meanwhile, heat a large non-stick pan over medium heat.

 Add tomato sauce base, marinara sauce, remaining garlic powder, remaining soy sauce and <sup>1</sup>/<sub>2</sub> 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.



#### Finish and serve

 Divide cheesy baked pasta and meatballs between plates.

# **Dinner Solved!**