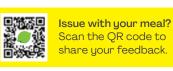


Cheesy Baked Pasta and Meatballs

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 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, 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 ¹/₂ 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 **¹/₄ tsp** (¹/₂ 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 ¹/₂ 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!