



Cheesy Stuffed Meatballs

with Saucy Cavatappi Pasta

35 Minutes



Ground Beef



Cavatappi



Mozzarella Cheese, shredded



Parmesan Cheese, shredded



Basil Pesto



Garlic



Beef Broth Concentrate



Red Onion



Italian Breadcrumbs



Baby Spinach



Crushed Tomatoes

HELLO STUFFED MEATBALLS

These mighty meatballs are hiding a delicious secret - mozzarella!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring cups, measuring spoons, colander, large bowl, parchment paper, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cavatappi	170 g	340 g
Mozzarella Cheese, shredded	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Garlic	6 g	12 g
Beef Broth Concentrate	1	2
Red Onion	56 g	113 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Crushed Tomatoes	370 ml	740 ml
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Prep

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same amounts for 4 ppl.) Cover and bring to a boil over high heat. While the **water** comes to a boil, peel, then cut half the **red onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



Bake meatballs

While **cavatappi** cooks, add **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 14-15 min.**



Make meatballs

Combine **beef**, **breadcrumbs**, **half the pesto** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Form **beef mixture** into **8 equal-sized patties** (16 for 4 ppl). Add **1 tsp mozzarella** to the middle of **each patty**, then shape and press patty firmly around the **cheese**, fully enclosing it to create a ball. Repeat until **all meatballs** are formed.



Make tomato sauce

While **meatballs** cook, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **garlic**. Cook, stirring often, until softened, 2-3 min. Add **crushed tomatoes**, **reserved pasta water** and **broth concentrate**. Season with **salt** and **pepper**. Cook, stirring often, until slightly thickened, 2-3 min.



Cook cavatappi

Add **cavatappi** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. Reserve **¼ cup pasta water** (dbl for 4 ppl). Drain **cavatappi** and return to the same pot, off heat. Add **spinach** and **remaining pesto** to **cooked cavatappi**. Stir until **spinach** is wilted. Cover and set aside.



Finish and serve

Divide **cavatappi** between bowls. Top with **meatballs** and **tomato sauce**. Sprinkle with **Parmesan**.

Dinner Solved!