



Classic Turkey Meatballs

with Spaghetti and Parmesan

Quick

25 Minutes



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Minced Turkey



Spaghetti



Crushed Tomatoes



Tomato Sauce Base



Italian Seasoning



Parmesan Cheese,
shredded



Onion, chopped



Italian Breadcrumbs



Baby Spinach



Chicken Broth
Concentrate



Garlic Salt

HELLO BREADCRUMBS

The secret ingredient to making meatballs that hold together when cooked in a sauce!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Spaghetti	170 g	340 g
Crushed Tomatoes	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Onion, chopped	56 g	113 g
Italian Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Chicken Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

** Cook 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.



1 Prep

- 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.
- Roughly chop **spinach**.



2 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.



3 Make and roast meatballs

- 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 equal-sized meatballs** (16 meatballs for 4 ppl).
- 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.**



4 Start sauce

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



5 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.
- Reduce heat to medium, then add **meatballs** to the pan.
- Cook, stirring often, until **sauce** thickens slightly.



6 Finish and serve

- Add **sauce, meatballs** and **spinach** to the large pot with **spaghetti**. Toss to coat, until **spinach** wilts, 1 min.
- Divide **turkey meatball pasta** between bowls.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!



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