



# Italian Chicken Meatballs in Sauce with Buttery Penne

Family Friendly 30 Minutes



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Ground Chicken



Ground Beef



Italian Breadcrumbs



Penne



Parmesan Cheese,  
shredded



Mozzarella Cheese,  
shredded



Crushed Tomatoes  
with Garlic and  
Onion



Baby Spinach



Garlic, cloves



Parsley

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO BREADCRUMBS

The secret ingredient to making juicy meatballs!

## Start here

- Before starting, wash and dry all produce.

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

## Bust out

Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Ground Beef	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Penne	170 g	340 g
Parmesan Cheese, shredded	¼ cup	½ cup
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Crushed Tomatoes with Garlic and Onion	1	2
Baby Spinach	56 g	113 g
Garlic, cloves	1	2
Parsley	7 g	7 g
Oil*		
Salt and Pepper*		

\* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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



### Cook penne

- 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.
- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup (½ cup) pasta water**, then drain and return **penne** to the same pot, off heat.

4



### Make sauce

- Reduce heat to medium, then add **remaining garlic** and **spinach**. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Add **crushed tomatoes**, **¼ cup (½ cup) water** and **½ tsp (1 tsp) sugar**.
- Cook, stirring occasionally, until **sauce** comes to a gentle simmer and **meatballs** are cooked through, 5-6 min. \*\*

2



### Make meatballs

- Meanwhile, peel, then mince **garlic**.
- Add **chicken, breadcrumbs, half the garlic** and **¼ tsp (½ tsp) salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).

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

5



### Melt cheese

- Sprinkle **mozzarella** over top.
- Cover pan with a lid and cook until **mozzarella** melts, 2-3 min.
- Meanwhile, roughly chop **parsley**.

3



### Cook meatballs

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp (2 tbsp) oil**, then **meatballs**. (**NOTE:** Don't overcrowd the pan; cook meatballs in 2 batches if needed, using 1 tbsp oil per batch.)
- Cook, turning occasionally, until golden-brown, 2-3 min. (**TIP:** Meatballs will finish cooking in step 4.)

6



### Finish and serve

- Add **1 tbsp (2 tbsp) butter** and **2 tbsp (4 tbsp) reserved pasta water** to the pot with **penne**.
- Divide **penne** between bowls.
- Spoon **meatballs and sauce** over **penne**.
- Sprinkle with **parsley** and **Parmesan**.

Dinner Solved!



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