

Italian Chicken Meatballs in Sauce

with Buttery Penne

Family Friendly

30 Minutes







Ground Chicken



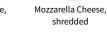
Italian Breadcrumbs







shredded





Crushed Tomatoes with Garlic and Onion



Garlic, cloves





Baby Spinach

Parsley

to swap your protein, simply follow the instructions on the back of this card and you're set.

CUSTOM RECIPE This is a Custom Recipe. If you chose

Happy cooking!

HELLO BREADCRUMBS

Start here

• Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps 4 person 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	1/4 cup	½ cup
Penne	170 g	340 g
Parmesan Cheese, shredded	⅓ 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.





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.



Make meatballs

- Meanwhile, peel, then mince garlic.
- Add chicken, breadcrumbs, half the garlic 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).

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.**



- · Heat a large non-stick pan over mediumhigh 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 goldenbrown, 2-3 min. (TIP: Meatballs will finish cooking in step 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, $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) water and $\frac{1}{2}$ tsp (1 tsp) sugar.
- Cook, stirring occasionally, until sauce comes to a gentle simmer and **meatballs** are cooked through, 5-6 min.**



Melt cheese

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



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!