



Spaghetti and Beef and Pork Meatballs

with Rustic Tomato Sauce and Baby Spinach

Family Friendly

30 Minutes



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!



Ground Beef and Pork Mix



Ground Turkey



Spaghetti



Italian Breadcrumbs



Baby Spinach



Garlic, cloves



Crushed Tomatoes



Chicken Broth Concentrate



Parmesan Cheese, shredded



Tomato Sauce Base



Italian Seasoning



Carrot

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

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

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, box grater, aluminum foil, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef and Pork Mix	250 g	500 g
Ground Turkey	250 g	500 g
Spaghetti	170 g	340 g
Italian Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Crushed Tomatoes	370 ml	796 ml
Chicken Broth Concentrate	1	2
Parmesan Cheese, shredded	¼ cup	½ cup
Tomato Sauce Base	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Carrot	170 g	340 g
Oil*		
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.

Contact

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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.
- Meanwhile, peel, then grate **carrot**.
- Peel, then mince or grate **garlic**.



Make sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **grated carrot**. Cook, stirring often, until softened, 4-5 min.
- Add **Italian Seasoning, tomato sauce base** and **remaining garlic**. Cook, stirring often, until fragrant, 1-2 min.
- Add **crushed tomatoes** and **broth concentrate**. Cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min. (**TIP:** If sauce is splattering, cover with a lid but still stir occasionally.)



Form and roast meatballs

- Line a baking sheet with foil.
- Add **beef and pork mix, breadcrumbs, half the garlic** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl).
- Transfer **meatballs** to the prepared baking sheet. Roast in the **middle** of the oven until cooked through, 9-12 min. **

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



Assemble spaghetti and meatballs

- Add **meatballs, sauce, spinach, reserved pasta water** and **half the Parmesan** to the pot with **spaghetti**. Season with **salt and pepper**, to taste, then toss until **spinach** wilts, 1-2 min.



Cook spaghetti

- Meanwhile, add **spaghetti** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **spaghetti** to the same pot, off heat.



Finish and serve

- Divide **spaghetti and meatballs** between plates.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!