



# COZY SPAGHETTI & MEATBALLS BAR

with sides & toppings for everyone to build their perfect plate

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



10 oz | 20 oz  
Ground Beef\*\*



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 TBSP | 1 TBSP  
Italian Seasoning



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



5 oz | 10 oz  
Marinara Sauce



1 | 2  
Veggie Stock  
Concentrate



4 oz | 8 oz  
Cream Sauce Base  
Contains: Milk



1 tsp | 1 tsp  
Garlic Powder



4 oz | 8 oz  
Peas



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz  
Broccoli

Calories: 1110



1 | 2  
Demi-Baguette  
Contains: Soy, Wheat

Calories: 1170



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1040





## BUST OUT

- Large pot
- Baking sheet (or 2 baking sheets) <sup>🍳</sup>
- Medium bowl
- Strainer
- 3 Small bowls
- Plastic wrap
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) <sup>🍳</sup>
- Olive oil (1 tsp | 1 tsp)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*



### 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

- <sup>🍳</sup> Adjust rack to top and middle positions. Cut **broccoli** into bite-size pieces if necessary. Toss on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on middle rack until browned and tender, 15-20 minutes.



### 2 SEASON ZUCCHINI

- Toss **zucchini** on one side of a baking sheet with a **drizzle of oil, salt, and pepper** (for 4 servings, spread zucchini out across entire sheet).

- <sup>🍳</sup> Use a second baking sheet here.



### 3 ROAST MEATBALLS & ZUCCHINI

- In a medium bowl, combine **beef\***, **panko**, **half the Italian Seasoning**, **1 TBSP water, salt** (we used ½ tsp; 1 tsp for 4 servings), and **pepper** (all the Italian Seasoning and 2 TBSP water for 4). Form into 10-12 1½-inch meatballs (20-24 meatballs for 4).
- Arrange **meatballs** on opposite side of baking sheet from **zucchini** (spread **meatballs** out across a second sheet for 4). Roast on top rack until zucchini is browned and tender and meatballs are cooked through, 14-16 minutes (For 4, roast on top and middle racks, swapping rack positions halfway through.)



### 4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Drain spaghetti; transfer to a large serving bowl and toss with a **drizzle of olive oil**. Cover to keep warm.



### 5 WARM SAUCES

- Meanwhile, in a small microwave-safe bowl (**medium bowl for 4 servings**), combine **marinara, stock concentrate, and 2 TBSP water** (4 TBSP for 4). Cover tightly with plastic wrap and microwave until warmed through, 2-3 minutes.
- In a separate small microwave-safe bowl (**medium bowl for 4**), whisk together **cream sauce base, half the garlic powder, and 1 TBSP water** (all the garlic powder and 2 TBSP water for 4). Cover tightly with plastic wrap and microwave until warmed through, 2-3 minutes.



### 6 WARM PEAS

- Place **peas** in a third small microwave-safe bowl; season with **salt and pepper**. Cover tightly with plastic wrap and microwave until warmed through, 1-2 minutes.
- <sup>🍳</sup> Halve **baguette** lengthwise (**stopping before you get all the way through**) and toast on top rack until golden.



### 7 FINISH & SERVE

- Carefully uncover **red sauce, creamy garlic sauce, and peas** (**watch out for steam!**).
- Serve family style with **spaghetti, zucchini, meatballs, and Parmesan**.
- <sup>🍳</sup> Serve **broccoli** alongside **spaghetti and meatballs bar**.
- <sup>🍳</sup> Halve **toasted baguette** widthwise; serve alongside **spaghetti and meatballs bar**.