



CREAMY TUSCAN SPAGHETTI & MEATBALLS

with Scallions & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 1
Lemon



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 | 1
Ketchup



1 Clove | 2 Cloves
Garlic



6 oz | 12 oz
Spaghetti
Contains: Wheat



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



1 | 2
Chicken Stock
Concentrate



1 TBSP | 1 TBSP
Tuscan Heat Spice



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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.

HELLO

TUSCAN HEAT SPICE

Aromatic Italian herbs and dried chili pack a peppery punch.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 1030



MEAT BALLER

Splash cold water on your hands before shaping the meatballs in Step 2. This will make the beef hold on to itself rather than to you.

BUST OUT

- Large pot
- Baking sheet
- Zester
- Strainer
- Medium bowl
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
Contains: Milk

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.

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Thinly slice **scallions**, separating whites from greens; mince whites. Zest and quarter **lemon**. Peel and mince or grate **garlic**.



4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain.



2 FORM MEATBALLS

- In a medium bowl, combine **beef***, **panko**, **half the scallion greens**, **half the ketchup**, **1 TBSP water**, **juice from one lemon wedge**, **salt** (we used 1/2 tsp; 1 tsp for 4 servings), and **pepper**. (For 4, use all the ketchup, 2 TBSP water, and juice from two lemon wedges.)
- Form into 8-10 1-inch meatballs (16-20 meatballs for 4). Place **meatballs** on a **lightly oiled** baking sheet.



5 MAKE SAUCE

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **garlic**, **scallion whites**, and **half the lemon zest**; cook, stirring, until fragrant, 30-60 seconds.
- Stir in **cream sauce base**, **stock concentrate**, **half the Tuscan Heat Spice** (all for 4 servings), and 1/4 cup reserved **cooking water** (1/2 cup for 4). Bring to a simmer, then remove pan from heat. Add **2 TBSP butter** (3 TBSP for 4); taste and season with **salt** and **pepper**.



3 COOK MEATBALLS

- Roast **meatballs** on top rack until browned and cooked through, 14-16 minutes.



6 FINISH & SERVE

- Add **drained spaghetti** and **meatballs** to pan with sauce; toss to coat. (For 4 servings, if your pan isn't large enough, carefully transfer everything back to the empty pasta pot.) **TIP: If needed, stir in more reserved pasta cooking water a splash at a time until everything is coated in a creamy sauce.**
- Divide **pasta** between bowls and season with **pepper**. Top with **remaining scallion greens** and **remaining lemon zest** to taste. Serve with a **squeeze of lemon juice**.

*Ground Beef is fully cooked when internal temperature reaches 160°.