

# **INGREDIENTS**

2 PERSON | 4 PERSON





10 oz | 20 oz Ground Beef\*\*

3 TBSP | 6 TBSP

Parmesan Cheese

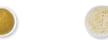
Contains: Milk



½ Cup | 1 Cup Panko Breadcrumbs Contains: Wheat

1 TBSP | 2 TBSP

Italian Seasoning



Beef Stock Concentrate



6 oz | 12 oz

Spaghetti Contains: Wheat



13.76 oz | 27.52 oz **Crushed Tomatoes** 



Veggie Stock Concentrate



1 tsp | 2 tsp Garlic Powder



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 packagerest assured it contains the correct amount.

# **HELLO**

#### **PANKO**

These light, airy breadcrumbs help hold the meatballs together and keep them moist and tender.

# **HOMESTYLE SPAGHETTI & MEATBALLS**

with Tomato Sauce & Parmesan



PREP: 5 MIN COOK: 30 MIN CALORIES: 950



# **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
- Strainer
- Large bowl
- Large pan
- · Baking sheet
- Kosher salt
- · Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar (¼ tsp | ½ 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.

# **HOW WAS YOUR MEAL?**



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



### 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.
- Halve, peel, and dice onion into ½-inch pieces; mince a few pieces until you have 2 TBSP (4 TBSP for 4 servings).



#### **3 COOK PASTA & SAUCE**

- 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.
- Heat a drizzle of olive oil in a large pan over medium heat. Add diced onion; cook until browned and softened, 2-4 minutes. Add crushed tomatoes, veggie stock concentrate, garlic powder, remaining Italian Seasoning, ½ cup reserved pasta cooking water (ladle straight from the pot if pasta isn't finished cooking yet), ½ tsp salt, ¼ tsp sugar, and pepper (for 4 servings, use ¾ cup pasta cooking water, ¾ tsp salt, and ½ tsp sugar). Cook until sauce has slightly thickened, 4-6 minutes more.
- Reduce heat to low; cover and simmer until pasta and meatballs are finished cooking.



## **2 MAKE MEATBALLS**

- In a large bowl, combine beef\*, minced onion, panko, beef stock concentrate, half the Parmesan, half the Italian Seasoning, 1 TBSP water (2 TBSP for 4 servings), salt (we used ½ tsp; 1 tsp for 4), and pepper. Form into 8-10 1-inch meatballs (16-20 meatballs for 4).
- Place meatballs on a lightly oiled baking sheet. Roast on top rack until browned and cooked through, 14-16 minutes.



#### **4 FINISH & SERVE**

- Add drained spaghetti and cooked meatballs to pan with sauce; toss to coat. (For 4 servings, if your pan isn't large enough, carefully pour everything back into the empty pasta pot.) TIP: If needed, stir in more reserved pasta cooking water a splash at a time until everything is thoroughly coated in sauce.
- Taste and season with salt and pepper.
- Divide pasta and meatballs between shallow bowls. Top with remaining Parmesan and serve.