



Cheesy Stuffed Meatballs

with Saucy Cavatappi Pasta

35 Minutes



Ground Beef



Cavatappi



Mozzarella Cheese, shredded



Parmesan Cheese, grated



Basil Pesto



Garlic Puree



Red Onion



Italian Breadcrumbs



Baby Spinach



Crushed Tomatoes

HELLO STUFFED MEATBALLS

These mighty meatballs are hiding a delicious secret - mozzarella!

Start here

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

Bust out

Baking sheet, colander, measuring spoons, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cavatappi	170 g	340 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Parmesan Cheese, grated	¼ cup	½ cup
Basil Pesto	¼ cup	½ cup
Garlic Puree	1 tbsp	2 tbsp
Red Onion	56 g	113 g
Italian Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Crushed Tomatoes	370 ml	740 ml
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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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. While the **water** comes to a boil, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



Bake meatballs

While **cavatappi** cooks, arrange **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven, until golden-brown and cooked through, 14-15 min.**



Make meatballs

Combine **beef**, **breadcrumbs**, **½ tbsp pesto** and **¼ tsp salt** (dbl both for 4 ppl) in a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized patties** (16 for 4 ppl). Add **1 tsp mozzarella** in the middle of **each patty**, then shape and press **patty** firmly around the **cheese**, fully enclosing it to create a ball. Repeat until **all meatballs** are formed.



Make tomato sauce

While **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **garlic puree**. Cook, stirring often, until softened, 2-3 min. Add **crushed tomatoes** and **remaining reserved pasta water**. Season with **salt** and **pepper**. Cook, stirring often, until slightly thickened, 2-3 min.



Cook cavatappi

Add **cavatappi** of **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-9 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **pasta** to the same pot, off heat. Add **spinach**, **remaining pesto** and **half the reserved pasta water**. Stir until **spinach** is wilted. Cover and set aside.



Finish and serve

Divide the **cavatappi** between bowls. Top with **meatballs** and **tomato sauce**. Sprinkle **Parmesan** and **remaining mozzarella** over top.

Dinner Solved!