



CLASSIC SPAGHETTI & MEATBALLS

with Zucchini & Parmesan



HELLO

TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a peppery punch.

PREP: 10 MIN | **TOTAL: 50 MIN** | **CALORIES: 960**



Yellow Onion



Zucchini



Tuscan Heat Spice



Parmesan Cheese
(Contains: Milk)



Spaghetti
(Contains: Wheat)



Garlic



Panko Breadcrumbs
(Contains: Wheat)



Ground Beef



Marinara Sauce

START STRONG

Splash a little water on your hands before shaping the meatballs in step 2. This will keep the mixture sticking to itself rather than your hands.

BUST OUT

- Large pot
- Strainer
- Medium bowl
- Kosher salt
- Baking sheet
- Black pepper
- Large pan
- Olive oil (1 TBSP | 1 TBSP)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow Onion 1 | 1
- Garlic 2 Cloves | 4 Cloves
- Zucchini 1 | 2
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Ground Beef* 10 oz | 20 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Spaghetti 6 oz | 12 oz
- Marinara Sauce 14 oz | 28 oz

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



1 PREP

Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve and peel **onion**; finely chop one half (save the other half for another use). Mince or grate **garlic**. Trim and quarter **zucchini** lengthwise; thinly slice crosswise.



4 COOK VEGGIES

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **chopped onion** and a big pinch of **salt** and **pepper**. Cook, stirring, until softened, 4-6 minutes. Add **zucchini** and remaining **garlic**. Season with **salt** and **pepper**. Cook, stirring, until zucchini is tender and lightly browned, 3-4 minutes.



2 FORM MEATBALLS

In a medium bowl, combine **panko**, **½ tsp Tuscan Heat Spice**, and **¼ cup water**. (For 4 servings, use 1 tsp Tuscan Heat Spice and ½ cup water.) Let sit until water has mostly absorbed, 2-3 minutes, then add **beef**, half the **Parmesan**, **½ tsp garlic** (¾ tsp for 4), **salt** (we used ½ tsp; 1 tsp for 4) and **pepper**. Gently combine, then form into 10-12 meatballs (20-24 for 4).



5 COOK PASTA & MAKE SAUCE

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes, then drain and set aside. To pan with **veggies**, add **marinara sauce**, **¼ cup water**, remaining **Tuscan Heat Spice**, **½ tsp sugar** (1 tsp for 4 servings), **salt**, and **pepper**. Bring to a boil, then reduce heat to medium. Cook until slightly thickened, 8-10 minutes. Stir in **meatballs**. Cook until sauce is very thick and meatballs are cooked through, 2-3 minutes more.



3 BAKE MEATBALLS

Lightly coat a baking sheet with a drizzle of **olive oil**. Place **meatballs** on prepared sheet. Bake on top rack until browned, 12-15 minutes (they'll finish cooking in step 5).



6 FINISH & SERVE

Return **spaghetti** to empty pot. Carefully pour in **sauce**, including **meatballs**, and **2 TBSP butter**; toss to coat. If sauce seems dry, add a splash or two of **water**. Season with **salt** and **pepper**. Divide between plates and sprinkle with remaining **Parmesan**.

GOTTA KICK IT UP!

Searching for a bit more spice? Sprinkle your finished dish with a pinch of chili flakes.

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