

Beef & Basil Pesto Meatballs

with Spaghetti & Parmesan

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Basil



Zucchini



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Dried Oregano



Passata



Beef Stock



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **35-45 mins**
Ready in: **45-55 mins**

Change what you know about meatballs by adding a dollop of basil pesto to your mixture for an easy flavour boost. Served with a simple tomato sauce on top of spaghetti (and we haven't forgotten the cheese!), this is an Italian-inspired bowl everyone will love!

Pantry items

Olive Oil, Egg, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
basil	1 punnet	1 punnet
zucchini	1	2
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
egg*	1	2
basil pesto	1 sachet (50g)	1 sachet (100g)
spaghetti	1 packet	2 packets
dried oregano	½ sachet	1 sachet
passata	1 box (200g)	2 boxes (400g)
brown sugar*	½ tbs	1 tbs
butter*	10g	20g
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3654kJ (873Cal)	582kJ (139Cal)
Protein (g)	53.2g	8.5g
Fat, total (g)	30.1g	4.8g
- saturated (g)	12.4g	2g
Carbohydrate (g)	91g	14.5g
- sugars (g)	16g	2.5g
Sodium (mg)	1232mg	196mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a large saucepan of salted water to the boil. Finely chop the **brown onion** (see ingredients). Finely chop the **garlic**. Pick and thinly slice the **basil leaves**. Grate the **zucchini**.



Start the sauce

Return the frying pan to a medium-high heat and add another drizzle of **olive oil**, if needed. Add the **onion, garlic, dried oregano** (see ingredients) and **zucchini** and cook until softened, **5 minutes**. Add the **passata, brown sugar, butter** and some reserved **pasta water** (1 1/2 tbs for 2 people / 3 tbs for 4 people). Crumble the **beef stock** (1 cube for 2 people / 2 cubes for 4 people) into the **sauce** and bring to the boil.



Make the meatballs

In a medium bowl, combine the **beef mince, fine breadcrumbs, salt, egg** and **basil pesto**. Using damp hands, take a heaped spoonful of the **beef mixture** and gently shape into a small meatball. Transfer to a plate and repeat with the remaining mixture. You should get about 4-5 meatballs per person.

TIP: *The pesto makes these meatballs extra tender but also delicate, so handle them carefully!*



Finish the sauce

Add the **meatballs** to the **sauce** and cover with a lid or foil. Reduce the heat to medium and simmer until the meatballs are cooked through, **6-7 minutes**. Add the **baby spinach leaves** to the pan, increase the heat to high and cover with a lid or foil until just wilted, **1 minute**. Season to taste.

TIP: *Add more reserved pasta water to your sauce if it's dry!*



Cook the spaghetti & meatballs

Cook the **spaghetti** in the boiling water until 'al dente', **10 minutes**. Reserve 1/2 cup **pasta water**, drain the **pasta**, then return to the saucepan and drizzle with **olive oil** to prevent sticking. While the pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **beef meatballs** until browned, **5-6 minutes** (the meatballs will continue cooking in step 5). Cook the **meatballs** in batches if your pan is getting crowded. Transfer to a plate and set aside.

TIP: *'Al dente' pasta is cooked through but still slightly firm in the centre.*



Serve up

Divide the spaghetti, basil pesto meatballs and sauce between plates. Sprinkle with the **grated Parmesan cheese** to serve.

Enjoy!