



MAR
2017

Italian Spaghetti and Meatballs

with Basil-Infused Tomato Sauce, Kale and Parmesan

Our cheater's spaghetti and meatballs tastes just like Nonna's, but only takes a fraction of the time to make. The secret is in our super flavourful sausage and a homemade basil-infused sauce that can't be beat!

 **Prep**
35 min



Honey Garlic Sausage



Spaghetti



Onion



Garlic



Tomato Passata



Diced Tomatoes



Kale



Basil



Parmesan Cheese

Ingredients

Honey Garlic Sausage, uncased	2 pkg (500 g)
Spaghetti	2 pkg (340 g)
Onion, chopped	1 pkg (113 g)
Garlic	1 pkg (10 g)
Tomato Passata	1 box
Diced Tomatoes	1 can
Kale, chopped	1 pkg (113 g)
Basil	1 pkg (10 g)
Parmesan Cheese, shredded	1 pkg (½ cup)
Olive or Canola Oil*	

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Large Non-Stick Pan, Medium Bowl

Nutrition per person Calories: 915 cal | Fat: 48 g | Protein: 38 g | Carbs: 86 g | Fibre: 7 g | Sodium: 1380 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Finely chop the **basil leaves**. (Reserve the basil stems — we'll use them to add extra flavour to the sauce!)



2 Make and brown the meatballs: Roll the **sausage meat** into 1-inch meatballs. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **meatballs**. Cook, turning the meatballs occasionally, until golden on all sides, 3-4 min. Remove the meatballs from the pan and set aside in a medium bowl. (It's okay if the meatballs aren't fully cooked through in this step!)



3 Cook the onions: Add another drizzle of **oil** to the same pan. Add the **onion** and cook until softened, 3-4 min. Add the **garlic** and **basil stems**. Cook until fragrant, 30 sec. Add the **diced tomatoes** and **tomato passata**. Reduce the heat to medium-low, then add the **meatballs** to the sauce. Simmer until tomatoes turn saucy and meatballs are cooked through, 9-10 min. (**TIP:** Cut a meatball open to make sure it's no longer pink inside!)



4 Cook the spaghetti: Meanwhile, add the **spaghetti** to the boiling water and cook until tender, 9-10 min. Drain.

5 Finish and serve: Remove the **basil stems** from the sauce. Add the **kale** and stir until it wilts, 1-2 min. Divide the **spaghetti** and **meatballs** between bowls and sprinkle with **Parmesan** and **basil leaves**. Enjoy!

KID-FRIENDLY TIP: Kids don't like the 'green stuff'? Set some sauce aside before adding the kale in the final step.

MAKE-AHEAD TIP: If you're making this meal in advance, for best results keep the pasta and sauce separate until ready to serve.

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