



# Italian-Style Beef & Pesto Meatballs

with Spaghetti & Parmesan



Grab your Meal Kit with this symbol



Brown Onion



Garlic



Basil



Carrot



Beef Mince



Fine Breadcrumbs



Basil Pesto



Spaghetti



Dried Oregano



Crushed & Sieved Tomatoes



Beef Stock



Baby Spinach Leaves



Grated Parmesan Cheese

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Change what you know about meatballs by adding a dollop of basil pesto to your mixture for an easy way to add flavour and unbeatable texture. Serve them up with a simple tomato sauce on top of spaghetti and don't forget to add the cheese!

### Pantry items

Olive Oil, 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 bunch	1 bunch
carrot	1	2
beef mince	1 small packet	1 medium packet
fine breadcrumbs	½ packet	1 packet
basil pesto	1 packet (50g)	1 packet (100g)
spaghetti	1 packet	2 packets
dried oregano	½ sachet	1 sachet
crushed & sieved tomatoes	½ tin	1 tin
brown sugar*	1 tsp	2 tsp
butter*	10g	20g
beef stock	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3700kJ (884Cal)	723kJ (173Cal)
Protein (g)	50.0g	9.8g
Fat, total (g)	33.0g	6.5g
- saturated (g)	11.5g	2.3g
Carbohydrate (g)	92.7g	18.1g
- sugars (g)	14.4g	2.8g
Sodium (mg)	933mg	182mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

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



## 2. Make the meatballs

In a medium bowl, combine the **beef mince**, **fine breadcrumbs** (see **ingredients list**) and **basil pesto**. Using damp hands, take a heaped spoonful of the **beef mixture** and gently shape into a small meatball. Set aside on a plate and repeat with the **remaining mixture**. You should get 4-5 meatballs per person.

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



## 3. Cook the meatballs

Add the **spaghetti** to the saucepan of boiling water and cook until 'al dente', **10 minutes**. Reserve some **pasta water** (**1/4 cup for 2 people/ 1/2 cup for 4 people**), 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. Add the **beef meatballs** and cook, turning, until browned, **5-6 minutes**. Transfer to a plate and set aside.

**TIP:** *The meatballs will continue cooking in step 5!*



## 4. Start the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **onion**, **garlic**, **dried oregano** (see **ingredients list**) and **carrot** and cook until softened, **3-4 minutes**. Add the **crushed & sieved tomatoes** (see **ingredients list**), **brown sugar**, **butter** and **1/2 of the reserved pasta water**. Add the **beef stock** and bring to the boil.



## 5. Finish the sauce

Return 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**, increase the heat to high and cover until just wilted, **1 minute**. Season to taste.

**TIP:** *Add a dash more reserved pasta water if your sauce is too thick!*



## 6. Serve up

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

**Enjoy!**