



# MOZZARELLA-STUFFED MEATBALL BAKE

with Cavatappi and a Crispy Panko Topping



## HELLO

### MOZZ-STUFFED MEATBALLS

No dime-a-dozen meatballs here. These knife-and-fork flavor bombs are bulked up and bursting with ooey gooey goodness.

**PREP: 10 MIN** | **TOTAL: 45 MIN** | **CALORIES: 1130**

-  Yellow Onion
-  Panko Breadcrumbs  
(Contains: Wheat)
-  Tuscan Heat Spice
-  Crushed Tomatoes
-  Fresh Mozzarella  
(Contains: Milk)
-  Ground Beef
-  Cavatappi Pasta  
(Contains: Wheat)
-  Tomato Paste

## START STRONG

Panko breadcrumbs are truly an unsung hero—in this dish, they create a crispy, golden-brown topping and help your meatballs keep perfect form. A splash of water turns these airy breadcrumbs into a paste-like binder to make sure all that cheesy goodness stays inside.

## BUST OUT

- Large pot
- Small bowl
- Large bowl
- Large pan
- Baking sheet
- Kosher salt
- Strainer
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)  
(Contains: Milk)

## INGREDIENTS

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

- Yellow Onion 1 | 1
- Fresh Mozzarella 4 oz | 8 oz
- Panko Breadcrumbs ½ Cup | 1 Cup
- Ground Beef\* 10 oz | 20 oz
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Cavatappi Pasta 6 oz | 12 oz
- Crushed Tomatoes 13.76 oz | 27.52 oz
- Tomato Paste 1.5 oz | 3 oz

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP

Adjust rack to middle and top positions and preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve, peel, and dice **onion**; mince a few pieces until you have 2 TBSP (3 TBSP for 4 servings). Halve **mozzarella**; dice one half into four equal-sized pieces (eight pieces for 4); tear remaining half into bite-size pieces.



## 4 COOK PASTA AND MAKE TOPPING

Once water is boiling, add **cavatappi** to pot. Cook until al dente, 9-11 minutes. Drain and set aside. Reserve empty pot. Meanwhile, place **1 TBSP butter** in a small microwave-safe bowl. Microwave until melted, about 30 seconds. Stir in **¼ tsp Tuscan Heat Spice** (½ tsp for 4 servings; you'll use the rest later), remaining **panko**, a large drizzle of **olive oil**, **salt**, and **pepper**.



## 2 START MEATBALLS

In a large bowl, soak half the **panko** (you'll use the rest later) with **2 TBSP water** (3 TBSP for 4 servings). Let sit until absorbed, then add **beef**, **minced onion**, half the **Tuscan Heat Spice** (you'll use the rest later), **¾ tsp salt** (1½ tsp for 4), and **pepper**. Mix to combine.



## 5 COOK SAUCE

Meanwhile, heat a large drizzle of **olive oil** in a large, preferably ovenproof, pan over medium-high heat. Add **diced onion**; cook, stirring, until softened, 4-6 minutes. Stir in remaining **Tuscan Heat Spice**, **crushed tomatoes**, **tomato paste**, **½ cup water** (¾ cup for 4 servings), **1 tsp sugar** (2 tsp for 4), and **salt** until combined. Bring to a simmer; cook until slightly thickened, 3-4 minutes. Stir in **1 TBSP butter** (2 TBSP for 4) until melted. Season generously with **salt** and **pepper**.



## 3 FORM AND BAKE MEATBALLS

Lightly **oil** a baking sheet. Form **beef mixture** into four 3-inch-wide rounds (eight rounds for 4); divide **diced mozzarella** between the centers of each. Gently fold meat around cheese, shaping and sealing to create cheese-stuffed meatballs. Place on prepared sheet. Bake on middle rack until cooked through, 20-22 minutes. Remove from oven; heat broiler to high or oven to 500 degrees.



## 6 FINISH AND SERVE

Carefully pour **sauce** into pot used for pasta; add **cavatappi**. If pasta seems dry, add a splash of **water**. Gently stir in **meatballs** to coat. Carefully transfer everything back into pan used for sauce. (**TIP:** If your pan isn't ovenproof, transfer mixture to a 9-by-13-inch baking dish.) Top mixture with **panko** and **torn mozzarella**. Broil or bake on top rack until panko is golden brown and cheese is melted, 2-4 minutes. Let cool slightly, then serve.

## SALUD, CHINDON

Pair this meal with your favorite red wine or a glass of cold seltzer garnished with a rosemary sprig.

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