



Nonna's Spaghetti and Meatballs

with Sweet Peppers and Basil

Family Friendly 35 Minutes



-  Ground Beef and Pork Mix
-  Ground Turkey
-  Crushed Tomatoes
-  Italian Breadcrumbs
-  Spaghetti
-  Parmesan Cheese, shredded
-  Garlic, cloves
-  Yellow Onion
-  Sweet Bell Pepper
-  Italian Seasoning
-  Basil
-  Tomato Sauce Base

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BREADCRUMBS
The secret ingredient to making meatballs that hold together when cooked in a sauce!

Start here

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Measuring spoons, strainer, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef and Pork Mix	250 g	500 g
Ground Turkey	250 g	500 g
Crushed Tomatoes	370 ml	796 ml
Italian Breadcrumbs	2 tbsp	4 tbsp
Spaghetti	170 g	340 g
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic, cloves	2	4
Yellow Onion	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Italian Seasoning	1 tbsp	2 tbsp
Basil	7 g	14 g
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.



Cook spaghetti

- Add **spaghetti** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup pasta water** (dbl for 4 ppl), then drain and return **spaghetti** to the same pot, off heat.
- Add **2 tbsp butter** (dbl for 4 ppl) to the pot with **spaghetti**. Toss to coat.



Make meatballs

- Meanwhile, add **beef and pork mix**, **breadcrumbs**, **half the Italian Seasoning**, **half the garlic** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **pepper** and **¼ tsp salt** (dbl for 4 ppl), then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef and pork mix**.



Cook sauce and finish meatballs

- Add **tomato sauce base**, **crushed tomatoes**, **remaining Italian Seasoning** and **reserved pasta water** to the pan with **veggies**. Season with **salt** and **pepper**, then stir to combine.
- Reduce heat to medium, then return **meatballs** to the pan. Cover and cook, stirring often, until **sauce** thickens slightly and **meatballs** are cooked through, 5-6 min.**



Cook meatballs and veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **meatballs**. Cook, turning **meatballs** often, until golden-brown on all sides, 2-3 min. (**NOTE:** Meatballs will finish cooking in step 5.)
- Transfer **meatballs** to a plate and set aside.
- Add **2 tbsp butter** (dbl for 4 ppl), then **onions**, **peppers** and **remaining garlic** to the same pan. Cook, stirring often, until **onions** soften, 2 min.



Finish and serve

- Divide **buttered spaghetti** between plates, then top with **meatballs and sauce**.
- Tear **basil** over top, then sprinkle with **Parmesan**.

Dinner Solved!