



Sausage Meatball Spaghetti with Tomato Sauce

Classic 40 Minutes • 1.5 of your 5 a day

5



Pork Sausage Meat



Onion



Courgette



Garlic



Sun-Dried
Tomato Paste



Finely Chopped
Tomatoes



Chicken Stock Powder



Smoked Paprika



Dried Oregano



Flat Leaf Parsley



Spaghetti



Grated Hard Italian
Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Frying Pan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Pork Sausage Meat 13) 14)**	225g	340g	450g
Onion**	1	1	2
Courgette**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Dried Oregano	1 small sachet	1 large sachet	2 small sachets
Water*	100ml	150ml	200ml
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spaghetti 13)	200g	300g	400g
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3632 /868	570 /136
Fat (g)	28	5
Sat. Fat (g)	11	2
Carbohydrate (g)	107	17
Sugars (g)	25	4
Protein (g)	45	7
Salt (g)	3.69	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep

Shape the **sausage meat** into four **meatballs** per person. Set aside on a plate. **IMPORTANT:** *Wash your hands after handling raw meat.* Halve, peel and thinly slice the **onion**. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring a large pan of **water** to the boil for the **pasta** with ½ tsp **salt**.



Finish Off

Lower the heat and simmer until the **sauce** has thickened and the **meatballs** are cooked through, 10-12 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.* While the **sauce** simmers, roughly chop the **parsley** (stalks and all) and keep to one side. Do any washing up while you have some spare time.



Fry the Meatballs

Heat a splash of **oil** in a frying pan on medium heat. When hot, add the **meatballs** and fry until golden all over, 5-6 mins, turning every now and then.



Cook the Pasta

When the **sauce** has 8 mins of cooking time left, add the **spaghetti** (see ingredients for amount) to the **boiling water** and cook until tender, 8 mins. When cooked, drain in a colander and return to the saucepan (off the heat). Add a drizzle of **oil** and a good grind of **pepper**, stir through to stop it sticking together.



Make the Sauce

Add the **onion** and **courgette** to to pan with the **meatballs** and cook, stirring gently so as not to break the **meatballs**, until beginning to soften, 4-5 mins. Next, stir in the **garlic**, sun-dried **tomato paste**, **finely chopped tomatoes**, **chicken stock powder**, **smoked paprika**, **dried oregano**, **sugar** and **water** (see ingredients for both amounts).



Serve

Once the **sauce** is ready, season to taste with **salt** and **pepper** then stir in the **parsley**. Then either add the **pasta** to the **sauce** and stir to combine, or serve the **pasta** in bowls topped with the **meatballs** and **tomato and courgette sauce**. Finish with a sprinkling of **grated hard Italian style cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.