



Ultimate Spaghetti and Meatballs

with Bacon, Parmigiano Reggiano, Garlic Bread and Salad

35

Ultimate 35-40 Minutes • 1 of your 5 a day



-  Panko Breadcrumbs
-  Beef Mince
-  Spaghetti
-  Garlic Clove
-  Bacon Lardons
-  Tomato Passata
-  Red Wine Jus Paste
-  Parmigiano Reggiano
-  Ciabatta
-  Premium Tomatoes
-  Premium Baby Leaf Mix
-  Balsamic Glaze

Pantry Items
Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, bowl, baking tray, colander, garlic press and frying pan.

Ingredients

	2P	3P	4P
Breadcrumbs	10g	15g	20g
Water for the Meatballs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Meatballs*	½ tsp	½ tsp	1 tsp
Beef Mince**	240g	360g	480g
Spaghetti 13	180g	270g	360g
Garlic Clove**	3	4	6
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	200ml	300ml	400ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10) 14)	22g	33g	44g
Parmigiano Reggiano** 7)	40g	60g	80g
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Ciabatta 13)	1	1½	2
Premium Tomatoes	125g	190g	250g
Premium Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	4223 /1009	795 /190
Fat (g)	37.8	7.1
Sat. Fat (g)	15.1	2.8
Carbohydrate (g)	108.9	20.5
Sugars (g)	15.4	2.9
Protein (g)	57.5	10.8
Salt (g)	4.86	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Pop the **panko breadcrumbs, water and salt for the meatballs** (see ingredients for both amount) into a large bowl. Mix together, then add the **beef mince** and season with **pepper**.

Using your hands, mix everything together until well combined, then shape into **meatballs** (5 per person). **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Add the Flavour

Add **half** the **garlic** to the **bacon** and stir-fry for 30 secs.

Stir in the **water and sugar for the sauce** (see ingredients for both amounts), **passata and red wine jus paste**. Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins.

Meanwhile, in a small bowl, mix together the remaining **garlic, half the Parmigiano Reggiano** and the **olive oil for the garlic bread** (see ingredients for amount).



Get Baking

Pop the **meatballs** onto a large baking tray and drizzle with **oil**.

Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. Once cooked, remove from the oven.

IMPORTANT: The meatballs are cooked when no longer pink in the middle.



Garlic Bread Time

Halve the **ciabatta** and lay onto a baking tray, cut-side up. Spread the **cheesy mixture** on top.

Bake the **garlic bread** on the top shelf of your oven until golden, 6-7 mins.

Meanwhile, halve the **tomatoes**. Just before you are ready to serve, pop the **baby leaf mix** and **tomatoes** into a medium bowl, drizzle with **oil** and toss to coat.



Start the Sauce

While the **meatballs** bake, add the **spaghetti** to the pan of **boiling water** and bring back to the boil. Cook until tender, 8 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



Finish and Serve

Once everything is ready, carefully stir the **meatballs** and **cooked spaghetti** through the **sauce** and simmer until piping hot, 1-2 mins. Add a splash of water if it's a little dry.

Mix in **half** of the remaining **cheese**, then remove from the heat.

Share your **ultimate spaghetti and meatballs** between your bowls, then sprinkle with the remaining **cheese**.

Cut your **cheesy garlic bread** into triangles. Drizzle the **salad** in the **balsamic glaze** and serve alongside.

Enjoy!