



# Spaghetti & Plant-Based Meatballs

with Italian Style Hard Cheese

**Classic** 20 Minutes • 1 of your 5 a day • Veggie



Spaghetti



Shallot



Bell Pepper



Garlic Clove



Vivera Plant Meatballs



Tomato Purée



Italian Herbs



Finely Chopped Tomatoes with Basil



Vegetable Stock Powder



Grated Hard Italian Style Cheese

## Before you start

### Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug

### Ingredients

	2P	3P	4P
Spaghetti <b>13)</b>	200g	300g	400g
Shallot	1	1	2
Bell Pepper**	1	2	2
Garlic Clove	1	2	2
Vivera Plant Meatballs <b>11) 13)**</b>	1 pack	1½ packs	2 packs
Tomato Purée	1 sachet	2 sachets	2 sachets
Italian Herbs	½ pot	¾ pot	1 pot
Finely Chopped Tomatoes with Basil	1 carton	1 ½ cartons	2 cartons
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	60g	80g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3128 / 747	567 / 135
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	104	19
Sugars (g)	21	4
Protein (g)	43	8
Salt (g)	4.38	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten

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.

### Contact

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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### Cook the Spaghetti

**a)** Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.

**b)** When boiling, add the **spaghetti** (check ingredients for amount) and simmer until tender, 8 mins.

**c)** Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



### Make it Saucy

**a)** Add the **garlic**, **tomato purée** and **Italian herbs** to the **veggies** and stir through for 1 minute.

**b)** Add the **chopped tomatoes with basil**, **vegetable stock powder** and **water** (see ingredients for amount).

**c)** Mix together, bring to a boil, then lower the heat and pop the **plant-based meatballs** back in.

**d)** Simmer until the **plant-based meatballs** are piping hot and the **sauce** has thickened, 5-6 mins.



### Get Prepped

**a)** Meanwhile, halve, peel and chop the **shallot** into small pieces.

**b)** Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks.

**c)** Peel and grate the **garlic** (or use a garlic press).



### Finish Off

**a)** Once the **sauce** is cooked, taste and season with **salt** and **pepper** if you feel it needs it.

**b)** Once everything is cooked, add the **pasta** to the pan with the **sauce** along with **half** the **hard Italian style cheese**.

**c)** Gently mix to combine. **TIP:** Add a splash of **water** if needed.



### Get Cooking

**a)** Heat a drizzle of **oil** in a frying pan on medium-high heat.

**b)** Fry the **plant-based meatballs** until starting to brown, 5-6 mins, turning frequently. Transfer to a plate when browned.

**c)** Pop your pan back on medium-high heat, add a drizzle of **oil** and the **shallot** and fry until softened, 2-3 mins.

**d)** Add the **pepper** and fry for a further 2-3 mins stirring often.



### Serve Up

**a)** Divide the **pasta** equally between your plates. Sprinkle with the remaining **hard Italian style cheese**.

### Enjoy!