



Beef and Veggie Meatballs

with Cucumber Salad and Spaghetti



HELLO MEATBALLS

Every country has their own version of meatballs and were born as a way to use up left over ingredients. This one contains hidden veg!



Hands on: **25 mins**
Total: **30 mins**

3 of your
5 a day

Family Box

A simple, wholesome dinner for everyone to enjoy - you can't go wrong with this delicious meatball and wheat spaghetti recipe. Packing a serious flavour punch, our meatballs are a delicious combination of beef mince, grated courgette, carrot and Italian herbs. Served in a simple tomato sauce alongside a chopped salad to keep the flavours fresh, make this recipe your go-to for cosy nights in.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Mixing Bowl**, **Large Saucepan**, **Large Frying Pan** and **Colander**. Now, let's get cooking!



1 PREP THE MEATBALLS

Trim and coarsely grate the **carrot** and **courgette**. Pop the **veggies** into a mixing bowl and add the **beef mince**, **Italian style herbs**, **ketchup**, **panko breadcrumbs** and a good pinch of **salt** and **pepper**. Use your hands to mix together well then shape the **mixture** into four **meatballs** per person. Set aside on a plate. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



4 MAKE THE SALAD

While the wheat pasta and sauce cook, make the **salad**. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Chop the **tomato** into small pieces. Pop the **cucumber** and **tomato** in a large bowl along with the **balsamic vinegar**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss together and set aside. Roughly chop the **parsley** (stalks and all).



2 FRY THE MEATBALLS

Bring a large saucepan of water to the boil with a pinch of salt for the pasta. Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **meatballs** and fry until browned, carefully turning occasionally, 5-6 mins. **★ TIP:** You may have to do this in batches - don't overcrowd them. When browned, remove to a plate. **★ TIP:** The meatballs won't be cooked all the way through - don't worry, we'll finish them off later!



5 FINISH UP

When the **sauce** is nice and thick, stir through **half** the **parsley**. Season to taste with **salt** and **pepper**. Carefully return the **meatballs** to the pan and bubble for 2-3 mins, until the **meatballs** are cooked through and piping hot. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



3 START THE SAUCE

Add the **wheat spaghetti** to the pan of boiling water and cook for 11 mins then drain in a colander, return to the pan (off the heat) and drizzle with **oil** to stop it sticking. Meanwhile, return the now empty frying pan to medium heat and add the **finely chopped tomatoes**, **stock powder** and a pinch of **sugar** if you have any. Stir, bring to the boil then reduce the heat and simmer until thick and tomatoey, stirring occasionally, 8-10 mins.



6 SERVE

Divide the **wheat spaghetti** between your plates and top with the **meatballs** and **sauce**. Sprinkle on plenty of **cheese** and sprinkle over the remaining **parsley**. Serve with the **salad** alongside. **Enjoy!**

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Panko Breadcrumbs 13)	30g	50g	60g
Carrot *	1	2	2
Italian Style Herbs	½ pot	¾ pot	1 pot
Finely Chopped	1	1½	2
Tomatoes with Onion	carton	cartons	cartons
Beef Stock Powder	½ sachet	¾ sachet	1 sachet
Wheat Spaghetti 13)	200g	300g	400g
Italian Style Grated Hard Cheese 7) 8) *	½ pack	¾ pack	1 pack
Vine Tomato	2	3	4
Cucumber *	½	¾	1
Balsamic Vinegar 14)	½ sachet	¾ sachet	1 sachet
Beef Mince *	125g	250g	375g
Courgette *	½	¾	1
Ketchup 10)	1 sachet	1½ sachet	2 sachet
Parsley *	½ bunch	¾ bunch	1 bunch

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 724G	PER 100G
Energy (kJ/kcal)	3473 / 830	480 / 115
Fat (g)	12	2
Sat. Fat (g)	5	1
Carbohydrate (g)	133	18
Sugars (g)	31	4
Protein (g)	43	6
Salt (g)	2.92	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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