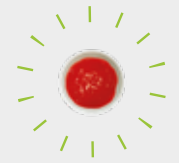




Cheesy Meatball Bake

with Tomato Salsa



HELLO KETCHUP

Ketchup is similar to wine in that there are good and bad ketchup years depending on the tomato harvest.



Beef Mince



Panko Breadcrumbs



Tomato Ketchup



Italian Style Grated Hard Cheese



Finely Chopped Tomatoes with Garlic & Onion



Worcester Sauce



Fusilli



Baby Spinach



Vine Tomato



Mozzarella Cheese

MEAL BAG

Hands on: **25** mins
Total: **40** mins

4.5 of your
5 a day

Family Box

BEFORE YOU START

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



1 ROLL THE MEATBALLS

Put a large saucepan of **water** with a pinch of **salt** on to boil for the pasta. Put the **beef mince** in a mixing bowl with the **panko breadcrumbs, ketchup**, a pinch of **salt** and **pepper** and **half the cheese**. Mix together with your hands and shape into five **meatballs** per person. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 COOK THE MEATBALLS

Heat a glug of **oil** in a frying pan on medium heat. Add the **meatballs**. Cook, turning, until browned all over, 10-11 mins. Stir in the **chopped tomatoes, water** (see ingredients for amount), **Worcester sauce**, a pinch of **sugar** (if you have some), **salt** and **pepper**. Bring to the boil, lower the heat to medium and simmer until the **meatballs** are cooked, 12-15 mins. **! IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



4 MAKE THE SALSA

Chop the **tomato** into small pieces. Pop it into a small bowl with the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Stir together.



5 GRILL TIME

Preheat your grill to high. Drain the **pasta** and **spinach** in a colander then return to the saucepan. Pour over the cooked **meatballs** and **sauce** and stir gently to combine. Tip the whole mixture into a deep ovenproof dish. Drain the **mozzarella** and tear it over the **meatballs** and **pasta**. Sprinkle on the remaining **cheese**, season with **pepper** and grill until golden, 4-5 mins. **★ TIP:** Watch it doesn't burn!



3 SIMMER THE PASTA

Add the **fusilli** to your pan of boiling water and simmer until al dente, around 9 mins. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Add the **baby spinach** to the pan and submerge for the last 2 mins. .



6 FINISH AND SERVE

Spoon the **cheesy meatball bake** into bowls and serve with the **tomato salsa** on top for the adults. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beef Mince	250g	375g	500g
Panko Breadcrumbs 13)	10g	10g	30g
Tomato Ketchup 10)	½ sachet	¾ sachet	1 sachet
Italian Style Grated Hard Cheese 7) 8)	½ pack	¾ pack	1 pack
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water*	30ml	50ml	75ml
Worcester Sauce	½ sachet	¾ sachet	1 sachet
Fusilli 13)	200g	300g	400g
Baby Spinach	½ small bag	1 small bag	1 small bag
Vine Tomato	1	2	2
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Mozzarella Cheese 7)	½ ball	¾ ball	1 ball

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 565G	PER 100G
Energy (kcal)	918	162
(kJ)	3839	679
Fat (g)	36	6
Sat. Fat (g)	16	3
Carbohydrate (g)	92	16
Sugars (g)	19	3
Protein (g)	53	9
Salt (g)	2.68	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

🧼 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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