



More Than Food
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Melt in the Middle Meatballs

Sleeves rolled up! Hands washed but still damp, let's get rolling!
The skill is in wrapping the cheese entirely with the meat, so it's hiding, ready to be discovered when everyone tucks in. Surprise, surprise!

40 mins

family box



Red Onion(1)



Garlic Clove (2)



Mozzarella
(1 ball)



Panko Breadcrumbs
(5 tbsp)



Dried Thyme (2 tbsp)



Beef Mince (450g)



Tomato Purée (2 tbsp)



Italian Herbs (5 tsp)



Organic Chopped Tomatoes
(2 tins)



Beef Stock Pot (1)



Spaghetti
(400g)



Parmesan
Cheese (4 tbsp)

Ingredients

4 PEOPLE

ALLERGENS

Red Onion, chopped	1	
Garlic Clove, chopped	2	
Mozzarella	1 ball	Milk
Panko Breadcrumbs	5 tbsp	Gluten
Dried Thyme	2 tbsp	
Beef Mince	450g	
Tomato Purée	2 tbsp	
Italian Herbs	5 tsp	
Organic Chopped Tomatoes	2 tins	
Beef Stock Pot	1	
Spaghetti	400g	Gluten
Parmesan Cheese	4 tbsp	Milk



Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

The secret of parmesan's intense flavour lies in the fact that it is matured for up to 48 months. That's four years - wow!

Nutrition per serving: Calories: 718 kcal | Protein: 49 g | Carbs: 95 g | Fat: 14 g | Saturated Fat: 7 g



1 Peel and finely chop the **red onion** and **garlic**. Cut the **mozzarella** into ½cm cubes. Heat 1 tbsp of **oil** in a frying pan and fry half the **onion** for about 5 mins until softened (keep the rest of the **onion** for your sauce). Add the **breadcrumbs**, **thyme** and half the **garlic**. Stir for 1-2 mins.



2 Take off the heat, put the mixture in a bowl and add the **beef mince** and 1 tbsp of **tomato purée**. Season with ½ tsp of **salt** and a good grind of **black pepper**. Mix together.



3 Use damp hands and shape the meat into small (ping pong sized) balls around each cube of **mozzarella cheese**. **LH:** *This is a perfect job for small hands, keep hands damp so the meatballs don't get too sticky.*

4 Bring a pot of water to the boil. Heat 2 tbsp of **oil** in the frying pan on medium-high heat and fry the meatballs for 10-15 mins, turning occasionally, until browned on all sides and cooked through. Take them out of the pan and set aside. **Tip:** *Be gentle when turning the meatballs, otherwise they might fall apart.*



5 Heat 1 tbsp of **oil** in the same pan and fry the remaining **onion**, **garlic** and **Italian herbs** for about 4 mins until softened. Add the **tinned tomatoes**, fill a quarter of one tin with **water** and add to the sauce along with the remaining **tomato purée** and **beef stock pot**, simmer for 10-15 mins. Add ½ tsp of **sugar** (if you have some.)

6 Add the **spaghetti** to the boiling water and simmer for 11 mins or until 'al dente'. **Tip:** *'Al dente' simply means it is cooked through but has a hint of firmness left in the middle.*

7 Tip your cooked meatballs into the tomato sauce and gently mix together. Drain and divide the spaghetti between your plates, top with the meatballs and sauce and grate over the **parmesan**. **Tip:** *Cut the spaghetti into shorter lengths for very young diners. Top with any remaining mozzarella cubes and serve. Tip: Adults may need a bib as well as smaller members of the family! It could get messy!*