



Sausage Meatball Spag with Tomato Sauce

Classic 40 Minutes • 1.5 of your 5 a day

5



Pork and Oregano Sausage Meat



Onion



Courgette



Garlic



Sun-dried Tomato Paste



Finely Chopped Tomatoes with Basil



Smoked Paprika



Grated Hard Italian Style Cheese



Chicken Stock Powder



Flat Leaf Parsley



Spaghetti

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Bowl.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat 13 14 **	225g	340g	450g
Onion**	1	1	2
Courgette**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Water*	100ml	150ml	200ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spaghetti 13	200g	300g	400g
Grated Hard Italian Style Cheese 7 8 **	1 pack	1½ packs	2 packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3819 /913	599 /143
Fat (g)	29	5
Sat. Fat (g)	12	2
Carbohydrate (g)	117	18
Sugars (g)	28	4
Protein (g)	43	7
Salt (g)	4.81	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **13**) Gluten **14**) Sulphites

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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HelloFresh UK

Packed in the UK

The Fresh Farm

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You can recycle me!



1 Prep

Shape the **sausage meat** into four **meatballs** per person. Set aside on a plate. **IMPORTANT:** Wash your hands after handling raw meat. Halve, peel and thinly slice the **onion**. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Bring a large pan of **water** to the boil for the **pasta** with ½ tsp **salt**.



2 Fry the Meatballs

Heat a splash of **oil** in a frying pan on medium heat. When hot, add the **meatballs** and fry until golden all over, 5-6 mins, turning every now and then.



3 Simmer the Sauce

Add the **onion** and **courgette** to to pan with the **meatballs** and cook, stirring gently so as not to break the **meatballs**, until beginning to soften, 4-5 mins. Next, stir in the **garlic**, **sun-dried tomato paste**, **finely chopped tomatoes with basil**, **smoked paprika**, **water**, **sugar** (see ingredients for both amounts) and **chicken stock powder**.



4 Finish Off

Stir together, lower the heat and simmer until the **sauce** has thickened and the **meatballs** are cooked through, 10-12 mins. **IMPORTANT:** The **meatballs** are cooked when no longer pink in the middle. While the sauce simmers, roughly chop the **parsley** (stalks and all) and keep to one side. Do any washing up.



5 Cook the Pasta

When the **sauce** has 8 minutes cook time remaining, add the **spaghetti** (see ingredients for amount) to the boiling **water** and cook until tender, 8 mins. When cooked, drain in a colander and return to the saucepan (off the heat). Add a drizzle of **oil** and a good grind of **pepper**, stir through to stop it sticking together.



6 Serve

Once the **sauce** is ready, season to taste with **salt** and **pepper** then stir in the **parsley**. Serve the **pasta** in bowls topped with the **meatballs** and **tomato and courgette sauce**. Finish with a sprinkling of **hard Italian style cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.