



# Sausage Meatball Spaghetti with Courgette and Tomato Sauce

Classic 40 Minutes • 1 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



Chicken Stock Powder



Flat Leaf Parsley



Spaghetti



Grated Hard Italian Style Cheese

## Before you start

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

## Cooking tools, you will need:

Plate, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Saucepan, Bowl.

## Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat ** <b>13) 14)</b>	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 sachet	1 sachet	2 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 <b>13)</b>	200g	300g	400g
Grated Hard Italian Style Cheese <b>7) 8)</b> **	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	3786 /905	594 /142
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	115	18
Sugars (g)	28	4
Protein (g)	43	7
Salt (g)	4.96	0.78

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.

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## 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**.



## 4 Finish the Sauce

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 while you have time.



## 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 again.



## 5 Cook the Pasta

When the **sauce** has 8 minutes of cooking 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.



## 3 Simmer the Sauce

Add the **onion** and **courgette** to the 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**.



## 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.