

Sausage Meatball Spaghetti

with Courgette and Tomato Sauce

Classic 40 Minutes • 1 of your 5 a day







Pork and Oregano Sausage Meat







Courgette





Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Basil



Smoked Paprika







Flat Leaf Parsley



Grated Hard Italian Style Cheese



Spaghetti

Chicken Stock Powder

Before you start

Our fruit and veggies need a little wash before you

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 ** 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 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 13)	200g	300g	400g
Grated Hard Italian Style Cheese 7) 8) **	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

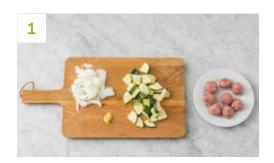
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.







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.



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.



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.



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.



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.



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!



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.

