



Spaghetti and Beef Meatballs with Peas and Cheese

Little Chefs 30-35 Minutes • 3 of your 5 a day

10



Garlic Clove



Panko Breadcrumbs



Beef Mince



Spaghetti



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken Stock
Paste



Italian Style
Herbs



Peas



Grated Hard
Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, saucepan, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Panko Breadcrumbs 13	10g	15g	20g
Beef Mince**	240g	360g	480g
Spaghetti 13	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Italian Style Herbs	1 sachet	1 sachets	2 sachets
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7 8	25g	40g	40g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 500g	Per 100g 100g
Energy (kJ/kcal)	3425 /819	685 /164
Fat (g)	26.8	5.3
Sat. Fat (g)	11.5	2.3
Carbohydrate (g)	92.8	18.7
Sugars (g)	19.7	4.0
Protein (g)	52.2	10.2
Salt (g)	4.18	0.80

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1 Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **half the garlic**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

Little Chefs: Mix all the meatball ingredients together in the bowl, making sure it's well combined.



4 Sauce Things Up

Meanwhile, add the remaining **garlic**, **chopped tomatoes**, **chicken stock paste**, **Italian style herbs**, **sugar** and **water for the sauce** (see pantry for both amounts) into a medium saucepan.

Pop the pan on medium-high heat and bring to a boil. Lower the heat to medium and simmer until thickened, 6-8 mins.

Little Chefs: Add all of the ingredients for your tomato sauce to the saucepan, but let an adult put it on the hob to cook!



2 Ready, Steady, Bake

Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **spaghetti**.

In the meantime, roll the **mince** into evenly-sized balls, 5 per person.

Pop the **meatballs** onto a large baking tray. Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The meatballs are cooked when no longer pink in the middle.

Little Chefs: Roll the mince into balls with your hands to make your meatballs.



5 Combine and Stir

When the **meatballs** are cooked, add them to the **sauce** along with the **peas**. Simmer for 2-3 mins.

Remove from the heat, then stir in the **cooked pasta** and **half the cheese**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



3 Cook the Pasta

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Cover with a lid.



6 Serve

Share the **spaghetti and meatballs** between your bowls.

Finish with a sprinkle of the remaining **cheese** over the top.

Enjoy!

Little Chefs: Sprinkle the remaining cheese over the pasta so it's extra delicious.