

## 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 in the meat, so it's hiding, ready to be discovered when everyone tucks in. Surprise, surprise!



40 mins



family box



Red Onion (1)



Tomato Purée (2 tbsp)



Garlic Clove (2)



Italian Herbs (2 tbsp)



Mozzarella (1 ball)



Organic Chopped Tomatoes (2 tins)





Beef Stock Pot (1)



Dried Thyme







Spaghetti (400g)



Ingredients	2P	4P
Red Onion, chopped	-	1
Garlic Clove, chopped	-	2
Mozzarella 1	-	1 ball
Panko Breadcrumbs 2	-	5 tbsp
Dried Thyme	-	2 tbsp
Beef Mince	-	450g
Tomato Purée	-	2 tbsp
Italian Herbs	-	2 tbsp
Organic Chopped Tomatoes	-	2 tins
Beef Stock Pot	-	1
Spaghetti 2	-	400g
Parmesan Cheese 1		4 tbsp
1 0 1 1 704	I IID I . 44 IC I	70   5   24   6

Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

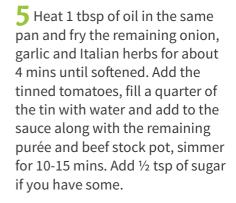
Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 781 kcal | Protein: 44 g | Carbs: 70 g | Fat: 34 g | Saturated Fat: 14 g



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 mince and 1 tbsp of tomato purée. Season with ½ tsp of salt and a good grind of black pepper. Mix together.

Add the pasta 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.



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.

Tip the cooked meatballs into the tomato sauce and gently mix together. Drain and divide the pasta between the plates, top with the meatballs and sauce and a grate over your parmean. 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!

