



Ultimate Spaghetti and Meatballs

with Bacon, Parmigiano Reggiano and Salad

Ultimate 30-35 Minutes • 1 of your 5 a day

35



Garlic Clove



Panko Breadcrumbs



Mixed Herbs



Beef Mince



Spaghetti



Bacon Lardons



Tomato Passata



Red Wine Jus Paste



Parmigiano Reggiano



Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Saucepan, garlic press, bowl, baking tray, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Panko Breadcrumbs 13	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Spaghetti 13	180g	270g	360g
Bacon Lardons**	60g	90g	120g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10 14	22g	33g	44g
Parmigiano Reggiano** 7	40g	60g	80g
Rocket**	20g	40g	40g
Balsamic Glaze 14	12ml	24ml	24ml
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	½ tsp	½ tsp	1 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*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	3645 /871	895 /214
Fat (g)	33.8	8.3
Sat. Fat (g)	14.6	3.6
Carbohydrate (g)	87.3	21.4
Sugars (g)	13.8	3.4
Protein (g)	55.2	13.5
Salt (g)	4.46	1.09

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

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten
14) Sulphites

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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with **½ tsp salt**. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs, mixed herbs, salt** and **water for the breadcrumbs** (see pantry for both amounts) and **half the garlic**.



Simmer the Sauce

While the **spaghetti** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**

Add the remaining **garlic** and stir-fry for 30 secs.

Stir in the **passata, red wine jus paste, sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins.



Make your Meatballs

Add the **beef mince** to the **breadcrumbs**. Season with **pepper** and mix together with your hands.

Roll into even-sized balls, 5 per person, and pop them onto a large baking tray.

Bake the **meatballs** on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: Wash your hands and equipment after handling raw mince. The meatballs are cooked when no longer pink in the middle.**

Once cooked, remove from the oven.



Combine and Stir

When everything's ready, add the **meatballs** and **cooked spaghetti** to the **sauce**. Toss to coat, then simmer until piping hot, 1-2 mins. Add splash of **water** if it's a little dry.

Stir through the **Parmigiano Reggiano**, then remove from the heat.



Cook the Spaghetti

Meanwhile, add the **spaghetti** to the pan of **boiling water** 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 to stop it sticking together.



Finish and Serve

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

Drizzle the **rocket** with the **balsamic glaze** and serve alongside.

Enjoy!