



Beef Meatball Spaghetti Dinner to Meatball Wraps Lunch

N° 31

Dinner to Lunch 45 Minutes • Little Spice • 2 of your 5 a day

Dinner



Lunch



Panko Breadcrumbs



Cumin



Beef Mince



Mint



Baby Gem Lettuce



Sun-Dried Tomato Paste



Harissa Paste



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Paste



Spaghetti



Baby Spinach



Hard Italian Style Cheese



Greek Yoghurt



Wholemeal Tortilla

Before you start

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

Cooking tools, you will need:

Saucepan, Bowl, Frying Pan, Colander, Aluminum Foil.

Ingredients

	2P	3P	4P
Panko Breadcrumbs 13)	10g	20g	25g
Cumin	1 sachet	1 sachet	2 sachets
Water*	1½ tbsp	2 tbsps	3 tbsps
Beef Mince**	480g	600g	720g
Mint	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	20ml
Beef Stock Paste	10g	15g	20g
Spaghetti 13)	180g	270g	360g
Baby Spinach**	100g	150g	200g
Grated Hard Italian Style Cheese 7) 8)**	40g	40g	40g
Greek Yoghurt 7) **	75g	120g	150g
Wholemeal Tortilla 13)	4	4	4

*Not Included

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	3124 /747	797 /191
Fat (g)	27	27
Sat. Fat (g)	11	3
Carbohydrate (g)	78	20
Sugars (g)	10	2
Protein (g)	45	11
Salt (g)	2.25	0.57

Lunch	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	2958 /708	665 /159
Fat (g)	34	8
Sat. Fat (g)	13	3
Carbohydrate (g)	54	12
Sugars (g)	11	2
Protein (g)	42	10
Salt (g)	3.91	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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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Start the Prep

Bring a large saucepan of **water** to the boil with 1/2 tsp **salt** for the **spaghetti**. Pop the **panko breadcrumbs** and **ground cumin** into a bowl. Add the **water** for the **meatballs** (see ingredients for amount) and mix together. Add the **beef mince**. Season with **salt** and **pepper**. Using your hands, mix everything together until very well combined. Form the **mixture** into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Cook the Pasta

Meanwhile, when the **water** for the **pasta** is boiling, add the **spaghetti** and 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. Once the **sauce** has cooked, set aside **2 meatballs** per **wrap**. Pop the remaining **meatballs** into the **tomato sauce** and heat until the **meatballs** are piping hot, 2-3 mins.

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.



Fry the Meatballs

Heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **meatballs** and fry until browned all over, 12-15 mins. **TIP:** Do this in batches if necessary, you want the **meatballs** to brown not stew! **IMPORTANT:** The meatballs are cooked when no longer pink in the middle. Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.



Finish Up

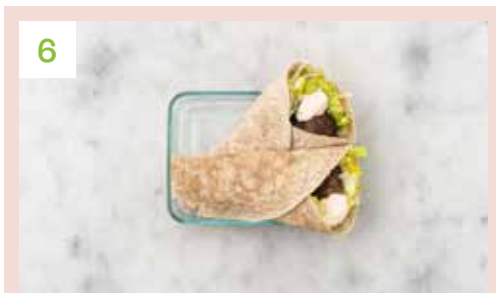
Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins. Finally, add the drained **spaghetti** into the **sauce** and mix well. Serve in bowls with a sprinkle of the **hard italian style cheese**.

Enjoy!



Make the Sauce

Once the **meatballs** are cooked, transfer to a plate then drain any remaining fat out of the pan. Add the **sun-dried tomato paste** to the pan along with **half** of the **harissa**, stir well and cook for 1 min, then pour in the **finely chopped tomatoes**, and **water** (see ingredients for amount). Add the **beef stock paste**, and season to taste with **salt** and **pepper**. Bring to the boil, simmer until the **sauce** has thickened, 9-12 mins.



Prep Your Lunch

When you're ready to pack your lunch, pop the **Greek yoghurt** and leftover **harissa paste** into a small bowl, mix to combine and season with **salt** and **pepper**. Pop the **wraps** onto a board, divide the reserved **meatballs** between **wraps**, add the **baby gem lettuce** and the **yoghurt mixture**. Wrap in foil and refrigerate. At lunchtime, enjoy cold. (Or for ultimate freshness, keep the fillings separate and assemble when you are ready to eat them).

Enjoy!