

# Sausage Meatball Spaghetti

with Tomato Sauce

**CLASSIC** 40 Minutes • 1.5 of your 5 a day











Pork Sausage Meat





Courgette



Sun-dried



Finely Chopped Tomatoes with Basil

Dried Oregano

Tomato Paste





Smoked Paprika



Flat Leaf Parsley



Spaghetti



Grated Italian Style Hard Cheese

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

## Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Frying Pan, Measuring Jug and Colander.

## Ingredients

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	2P	3P	4P
Pork 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 small pot	1 large pot	1 large pot
Dried Oregano	1 small pot	¾ large pot	1 large pot
Water*	100ml	150ml	200ml
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spaghetti 13)	200g	300g	400g
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

\*Not Included \*\* Store in the Fridge

## **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	3678 /879	581/139
Fat (g)	28	5
Sat. Fat (g)	11	2
Carbohydrate (g)	109	17
Sugars (g)	26	4
Protein (g)	45	7
Salt (g)	4.17	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 8) Egg 13) Gluten 14) Sulphites

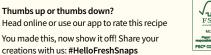
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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.

#### Contact

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Packed in the UK



# 1. 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 saucepan of water to the boil for the pasta with ½ tsp salt.



# 2. Frv 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 then.



## 3. Simmer the Sauce

Add the **onion** and **courgette** to to 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, dried oregano and water (see ingredients for amount).



#### 4. Finish Off

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 that needs doing.



## 5. Cook the Pasta

When the **sauce** has 8 mins cook 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.



#### 6. 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!** 

## 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.