



# Sausage Meatball Spaghetti

with Tomato Sauce

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



Pork Sausage Meat



Onion



Courgette



Garlic



Sun-dried  
Tomato Paste



Finely Chopped  
Tomatoes with Basil



Smoked Paprika



Dried Oregano



Flat Leaf Parsley



Spaghetti



Grated Italian Style  
Hard Cheese

## Before you start

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

### Basic cooking tools, you will need:

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

### Ingredients

	2P	3P	4P
Pork Sausage Meat <b>13) 14)**</b>	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 <b>13)</b>	200g	300g	400g
Grated Italian Style Hard Cheese <b>7) 8)**</b>	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**.



## 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.



## 2. Fry 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.



## 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.



## 3. Simmer the Sauce

Add the **onion** and **courgette** 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).



## 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.