



# Sausage Meatballs & Spaghetti with Tomato Sauce

Family 40 Minutes • 2 of your 5 a day



Pork and Oregano Sausage Meat



Grated Hard Italian Style Cheese



Onion



Courgette



Garlic Clove



Sun-dried Tomato Paste



Finely Chopped Tomatoes with Basil



Dried Oregano



Chicken Stock Paste



Flat Leaf Parsley



Spaghetti

## Before you start

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

## Cooking tools, you will need:

Bowl, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Colander.

## Ingredients

	2P	3P	4P
Pork and Oregano Sausage Meat <b>13</b> <b>14</b> **	225g	340g	450g
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	40g	65g	80g
Onion	1	1	2
Courgette**	1	2	2
Garlic Clove	1	2	2
Sun-dried Tomato Paste	1 sachet	2 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Dried Oregano	1 sachet	1 sachet	1 sachet
Water for the Sauce*	100ml	150ml	200ml
Sugar*	1 tsp	1½ tsp	2 tsp
Chicken Stock Paste	10g	15g	20g
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Spaghetti <b>13</b>	180g	270g	360g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>610g</b>	<b>100g</b>
Energy (kJ/kcal)	3604 /861	591 /141
Fat (g)	30	5
Sat. Fat (g)	13	2
Carbohydrate (g)	100	16
Sugars (g)	25	4
Protein (g)	41	7
Salt (g)	5.18	0.85

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.

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## 1 Prep

Pop the **sausage meat** in a bowl and add a **quarter** of the **cheese**, season with **salt** and **pepper** then shape 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 pan of **water** to the boil for the **pasta** with ½ tsp **salt**.



## 4 Finish Off

Stir together, 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 occasionally.



## 5 Cook the Pasta

When the **sauce** has 8 minutes cook time remaining, add the **spaghetti** 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 the pan with the **meatballs** and cook, stirring gently so as not to break the **meatballs**, until the **veg** begins to soften, 4-5 mins. Next, stir in the **garlic**, **sun-dried tomato paste**, **finely chopped tomatoes**, **dried oregano**, **water**, **sugar** (see ingredients for both amounts) and **chicken stock paste**.



## 6 Serve

Once the **sauce** is ready, season to taste with **salt** and **pepper** then stir in the **parsley** and the **cooked pasta**. Serve the **pasta** in bowls, finish with a sprinkling of the remaining **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.