



# Sausage Meatball Spaghetti

with Tomato Sauce, Cheese and Parsley

Classic 30-35 Minutes • 2 of your 5 a day

3



Pork and Oregano Sausage Meat



Grated Hard Italian Style Cheese



Echalion Shallot



Garlic Clove



Courgette



Sun-Dried Tomato Paste



Finely Chopped Tomatoes with Basil



Dried Oregano



Chicken Stock Paste



Spaghetti



Flat Leaf Parsley

**Pantry Items**  
Sugar

## Before you start

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

## Cooking tools

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

## Ingredients

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

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	3488 /834	600 /143
Fat (g)	30.1	5.2
Sat. Fat (g)	12.7	2.2
Carbohydrate (g)	93.6	16.1
Sugars (g)	21.2	3.7
Protein (g)	40.4	6.9
Salt (g)	5.18	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 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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## Make your Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7. Pop a large saucepan of **water** on to boil with ½ **tsp salt** for the **pasta**.

In a large bowl, combine the **sausage meat** and a **quarter** of the **hard Italian style cheese**. Roll into even-sized balls, 4 per person.

Pop onto a baking tray, drizzle with **oil** and set aside for now. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## Simmer the Sauce

When the **veg** has softened, stir in the **garlic**, **sun-dried tomato paste**, **chopped tomatoes**, **dried oregano**, **chicken stock paste**, **sugar** and **water for the sauce** (see ingredients for both amounts).

Lower the heat and simmer until the **sauce** has thickened, 10-12 mins.

Meanwhile, bake the **meatballs** on the middle shelf until slightly browned and cooked through, 8-10 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



## Prep the Veg

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.



## Cook the Pasta

When the **sauce** has 8 mins of simmer time left, 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 through to stop it sticking together.

Meanwhile, roughly chop the **parsley** (stalks and all).



## Get Frying

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **shallot** and **courgette** to the pan and stir-fry until starting to soften, 4-5 mins.



## Serve

Once the **sauce** is ready, season to taste with **salt** and **pepper**. Add the **baked meatballs** to the **sauce** and stir through with the **parsley** and **cooked pasta**, then toss to coat.

Serve the **meatball spaghetti** in bowls sprinkled with the remaining **hard Italian style cheese**.

## Enjoy!