



Spaghetti and Beef Meatballs with Peas and Cheese

Family 30-35 Minutes • 3 of your 5 a day

10



Garlic Clove



Panko Breadcrumbs



Mixed Herbs



Beef Mince



Spaghetti



Finely Chopped
Tomatoes with
Onion and Garlic



Chicken Stock
Paste



Peas



Grated Hard Italian
Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, garlic press, bowl, baking tray, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Spaghetti 13)	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	493g	100g	538g	100g
Energy (kJ/kcal)	3343/800	679/162	3835/917	713/170
Fat (g)	25.4	5.2	34.6	6.4
Sat. Fat (g)	10.7	2.2	13.6	2.5
Carbohydrate (g)	92.7	18.8	93.6	17.4
Sugars (g)	19.7	4.0	19.7	3.7
Protein (g)	50.4	10.2	58.1	10.8
Salt (g)	4.18	0.85	5.41	1.01

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten

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 the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of **water** on to boil with **½ tsp salt** for the **spaghetti**. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs, mixed herbs, half the garlic, the salt and water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**. Season with **pepper** and mix together with your hands.

Roll into evenly-sized balls, 5 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Sauce Things Up

Meanwhile, in a medium saucepan, combine the remaining **garlic, chopped tomatoes, chicken stock paste, sugar and water for the sauce** (see pantry for both amounts).

Pop the pan on medium-high heat and bring to a boil. Lower the heat to medium and simmer until thickened, 6-8 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons**, heat the saucepan (no oil). Add the **lardons** and stir-fry until golden, 4-5 mins, then add the **garlic** and other ingredients and continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: The meatballs are cooked when no longer pink in the middle.



Combine and Stir

When the **meatballs** are cooked, add them to the **sauce** along with the **peas**. Simmer for 2-3 mins.

Stir through the **cooked pasta** and the **grated Italian style cheese** until piping hot, 1-2 mins.

Taste and season with **salt and pepper**. Add a splash of **water** if the **sauce** is a little too thick.



Cook the Pasta

When your pan of **water** is boiling, add the **spaghetti** 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. Cover with a lid.



Serve

Share the **spaghetti and meatballs** between your bowls.

Enjoy!