

# Meatball Marinara

## with Spaghetti and Zoodles

hellóchef

A classic (with added greens)!

Cals 1333 • Prot 57 • Carbs 122 • Fat 69

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🕒 cook: 45 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Brown onion	1	1	2	Piece
Garlic cloves	3	5	6	Piece
Olive oil	2	3	4	Tbsp
Parmesan 4*	30	45	60	Grams
Panko bread crumbs 10*, 11*, 12*	10	15	20	Grams
Sour cream 4*	60	90	120	Grams
Organic Eggs 5*	1	1	2	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Tomato sauce				
Chopped tomatoes	400	800	800	Grams
Brown sugar	5	5	10	Grams
Dried oregano	2	2	2	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
To serve				
Spaghetti 10*	250	375	500	Grams
Small zucchini	2	3	4	Piece
Fresh basil	15	15	15	Grams

Allergens

\*4 Milk, \*10 Wheat, \*11 Gluten, \*12 Lupin, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5547 / 1333
Fat (g)	69.1
of which saturates (g)	26.9
Carbohydrate (g)	122
of which sugars (g)	16.8
Fiber (g)	14.2
Protein (g)	57.3
Salt (g)	1.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep ingredients

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Heat a pan over a medium heat with a drizzle of **olive oil**. Fry the **onion** for 5 min until translucent. Add the **garlic** and fry for 2 min further. Transfer half of the **onion** and **garlic** to a large bowl, leave the rest in the pan.



2 Make meatballs

Grate the **Parmesan**. Add the grated **Parmesan** (reserve a handful for garnish), the **beef mince, panko bread crumbs, sour cream, eggs, salt** and **pepper** to the bowl with half of the fried **onion** and **garlic**. With clean hands, knead the mixture for 3-5 min until tender and sticky. Divide into {6/9/12} pieces and shape each piece into a large meatball.



3 Make tomato sauce

Add the **chopped tomatoes** to the pan with the remaining fried **onion** and **garlic**. Bring to a simmer. Add the **sugar, oregano, salt** and **pepper**. Simmer for 5 min.



4 Bake

Drizzle a baking dish with **olive oil**. Place the meatballs into the dish. Pour the tomato sauce over the meatballs. Bake in the oven for 20 min.



5 Boil spaghetti and zoodles

Meanwhile, bring a pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min to 'al dente' or until cooked to your liking. While the **spaghetti** is boiling, slice the **zucchini** very thinly lengthwise. Then cut the slices into long ribbons. Add the **zucchini** ribbons to the boiling pasta for the last 30 sec, then drain.



6 Serve

Serve the baked meatballs and tomato sauce over the **spaghetti** and zoodles. Garnish with the **fresh basil** and the reserved grated **Parmesan**. Drizzle with good quality **olive oil** and finish with a grind of **black pepper**.