

Zucchini Meatballs

with Spaghetti and Tomato Sauce

hellóchef

Enjoy this veggie version of a family classic!

Cals 848 • Prot 44 • Carbs 134 • Fat 9

Vegetarian

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🕒 cook: 40 min

R2912

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	
Small zucchini	4	6	8	Piece
Salt	0.5	1	1	Tsp
Panko bread crumbs 10* , 11* , 12*	40	60	90	Grams
Garlic powder	2	4	4	Grams
Grana padano 4* , 5*	60	60	120	Grams
Organic Eggs 5*	1	2	2	Piece
Sauce				
Shallots	1	2	2	Piece
Garlic cloves	2	2	4	Piece
Fresh basil	15	15	30	Grams
Olive oil	1	1	2	Tbsp
Dried oregano	2	2	2	Grams
Chopped tomatoes	400	400	800	Grams
Tomato paste	30	30	70	Grams
Water	100	100	150	ML
Vegetable stock cube 15*	1	1	2	Piece
Red vinegar	15	15	30	ML
Honey	15	15	30	Grams
Cream cheese 4*	20	20	40	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Spaghetti				
Spaghetti 10*	250	375	500	Grams
Salt	0.5	0.5	1	Tsp

Allergens

***10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *15 Celery**

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)	3515 / 848
Fat (g)	9.2
of which saturates (g)	9
Carbohydrate (g)	134
of which sugars (g)	17
Fiber (g)	15.7
Protein (g)	43.8
Salt (g)	1.5

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



1 Grate zucchini

Preheat the oven to 200°C/180°C fan. Grate the **zucchini** and place it in a colander. Sprinkle the grated **zucchini** with the **salt** and place the colander in the sink until step 4.

Tip! Salting the zucchini helps to drawer out moisture.



2 Prep

Meanwhile, peel and finely chop the **shallots** and **garlic**. Finely chop the **basil** leaves.



3 Simmer

Heat a small pan over a medium-low heat with a generous drizzle of **olive oil**. Once hot, and the **shallots** with a pinch of **salt** and fry for 3 min. After 3 min, add the **garlic, oregano, chopped tomatoes, tomato paste, measured water, stock cube, red vinegar** and **honey**. Simmer for 25 min. After 25 min, puree until smooth with a hand-held blender.



4 Bake meatballs

Meanwhile, give the **zucchini** a good squeeze to remove any excess liquid. Place the **zucchini, panko bread crumbs, garlic powder**, half the grated **Grana padano** and the **egg** in a large bowl. Give everything a good mix up. Shape into small balls and place the balls on an oiled baking tray. Bake for 25 min, flipping them half way.



5 Boil pasta

Once the **zucchini** balls have been in the oven for 10 min, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



6 Serve

Add the **cream cheese** and **chopped basil** to the **tomato sauce** and season with **salt** and **pepper**. Simmer for 1 final min. Divide the drained **spaghetti** among plates, top with the **tomato sauce**, followed by the **zucchini** balls, followed by the remaining **Grana padano**.