

Chicken and Spinach Meatballs

with Creamy Spaghetti

hellóchef

This one's got comfort food written all over it!

Cals 1011 • Prot 75 • Carbs 98 • Fat 37

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🕒 cook: 30 min

R3030

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	
Chicken mince	400	500	600	Grams
Spinach	100	100	200	Grams
Garlic powder	2	4	4	Grams
Soy sauce 9* , 10* , 11*	10	20	20	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sauce				
Cherry tomatoes	150	250	300	Grams
Spaghetti 5* , 10* , 11*	250	375	500	Grams
Olive oil	1	2	2	Tbsp
Water	150	200	300	ML
Chicken stock cube 4* , 5* , 9* , 15*	1	1	1	Piece
Kalamata olives	40	60	80	Grams
Cream cheese 4*	20	40	40	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Fresh basil	15	30	30	Grams
Grated Parmesan 4*	30	45	60	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *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)	4231 / 1011
Fat (g)	36.6
of which saturates (g)	9.4
Carbohydrate (g)	98
of which sugars (g)	6.8
Fiber (g)	6.5
Protein (g)	74.8
Salt (g)	4.6

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



1 Wilt spinach

Boil a kettle. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it into small pieces. Halve the **cherry tomatoes**.



2 Make meatballs

Add the **chicken mince, garlic powder, soy sauce, salt, pepper** and **spinach** to a large mixing bowl. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into {10/15/20} pieces and shape each piece into a **meatball**. Refrigerate.



3 Boil spaghetti

Bring a large pot of salted water to the boil. Once boiling, add the pasta and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**



4 Fry meatballs and tomatoes

Meanwhile, heat a pan over a medium-high heat with a generous drizzle of **olive oil**. Add the **meatballs** and **tomatoes** and fry until the **meatballs** are browned and the **tomatoes** start to pop.



5 Simmer

Once the **meatballs** are browned, add the measured **water** (use the reserved pasta cooking **water**!) to the pan with the **stock cube, olives**, half the Grana **padano** and the **cream cheese**. Simmer for 3 min or until the **meatballs** are cooked through but not too dry. Season with **salt** and **pepper**. Rip the **fresh basil** leaves into the **sauce**.



6 Serve

Toss the drained **spaghetti** in the **sauce**. Divide among plates and sprinkle with the remaining Grana **padano**.