

Spaghetti and Meatballs

The whole family will enjoy this Italian-American classic.

hellóchef

Cals 1247 • Prot 54 • Carbs 125 • Fat 60

Weekly Classic

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🕒 cook: 30 min

R3384

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
Small zucchini	1	1	2	Piece
Garlic onion powder	4	4	8	Grams
Worcestershire sauce 6* , 11*	15	22	30	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp
Spaghetti				
Red onion	1	1	2	Piece
Garlic cloves	1	2	2	Piece
Carrot	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Spaghetti 10*	250	375	500	Grams
Tomato paste	30	50	70	Grams
Dried oregano	2	2	2	Grams
Peeled plum tomatoes	400	800	800	Grams
Brown sugar	5	5	10	Grams
Water	50	50	100	ML
Beef stock cube 4* , 5* , 9* , 11* , 15*	1	1	2	Piece
Balsamic vinegar 14*	15	22	30	ML
Black pepper	0.5	0.5	1	Tsp
Fresh basil	15	15	15	Grams
Parmesan 4*	30	45	60	Grams

Allergens

***6 Fish, *11 Gluten, *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *14 Sulphur Dioxide**

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/koal)	5193 / 1247
Fat (g)	59.7
of which saturates (g)	21.9
Carbohydrate (g)	125
of which sugars (g)	21.5
Fiber (g)	13.7
Protein (g)	54
Salt (g)	4.7

*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

Grate the **zucchini** into a bowl. Add the **beef mince, garlic onion powder, Worcestershire sauce, salt** and **pepper**. Mix with clean hands. Shape into {12/18/24} **meatballs**. Refrigerate. Peel and finely chop (or grate!) the **onion, garlic** and **carrot**.

Tip! Refrigerating the meatballs helps them to keep their shape.



2 Brown meatballs

Heat a pan over a high heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 3-4 min or until starting to brown. Once browned, carefully transfer to a plate and set aside. Reserve the pan.



3 Fry base

Return the reserved pan to a medium-low heat with another drizzle of **oil**. Add the **onion** and **carrot** with a pinch of **salt** and fry for 5 min until softened.



4 Boil pasta

Meanwhile, 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



5 Finish sauce

Once softened, add the **tomato paste, garlic** and **oregano** to the **onion**. Cook for 1 min further. Add the **peeled plum tomatoes** (breaking them up), **sugar, water, stock cube, balsamic vinegar** and **meatballs** and simmer, covered, for 6 min or until the **meatballs** are cooked through. Season with **salt** and **pepper**.



6 Serve

Meanwhile, pick a few **basil** leaves for garnish and finely chop the rest. Grate the **Parmesan**. Toss the **pasta** and chopped **basil** in the **sauce**. Serve in deep bowls and top with the **Parmesan** and **basil** leaves.