



# CLASSIC SPAGHETTI AND MEATBALLS

with Zucchini and Parmesan



## HELLO

### TUSCAN HEAT SPICE

Our blend of aromatic Italian-style herbs also packs a peppery punch.

**PREP: 10 MIN** | **TOTAL: 50 MIN** | **CALORIES: 980**

-  Yellow Onion
-  Zucchini
-  Tuscan Heat Spice
-  Parmesan Cheese  
(Contains: Milk)
-  Chicken Stock Concentrate
-  Garlic
-  Panko Breadcrumbs  
(Contains: Wheat)
-  Ground Beef
-  Crushed Tomatoes
-  Spaghetti  
(Contains: Wheat)

## START STRONG

Splash a little water on your hands before shaping the meatballs in step 2. This will keep the mixture sticking to itself, rather than your hands.

## BUST OUT

- Large pot
- Strainer
- Medium bowl
- Kosher salt
- Baking sheet
- Black pepper
- Large pan
- Olive oil (1 TBSP | 1 TBSP)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yellow Onion 1 | 1
- Garlic 2 Cloves | 4 Cloves
- Zucchini 1 | 2
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Tuscan Heat Spice 1 TBSP | 2 TBSP
- Ground Beef\* 10 oz | 20 oz
- Parmesan Cheese ¼ Cup | ½ Cup
- Spaghetti 6 oz | 12 oz
- Crushed Tomatoes 13.76 oz | 27.52 oz
- Chicken Stock Concentrate 1 | 2

\* Ground Beef is fully cooked when internal temperature reaches 160 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP

Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Halve and peel **onion**; finely chop one half (save the other half for another use). Mince or grate **garlic**. Trim and quarter **zucchini** lengthwise; thinly slice crosswise.



## 4 COOK VEGGIES

Meanwhile, heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and a large pinch of **salt** and **pepper**. Cook, stirring, until softened, 4-6 minutes. Add **zucchini** and remaining **garlic**. Season with **salt** and **pepper**. Cook, stirring, until zucchini is tender and lightly browned, 3-4 minutes.



## 2 FORM MEATBALLS

In a medium bowl, combine **panko**, **½ tsp Tuscan Heat Spice**, and **¼ cup water** (1 tsp seasoning and ½ cup water for 4 servings); let sit until water has mostly absorbed, 2-3 minutes. Add **beef**, half the **Parmesan**, **½ tsp garlic** (¾ tsp for 4), **pepper**, and **salt** (we used ½ tsp; use 1 tsp for 4). Gently combine, then form into 10-12 meatballs (20-24 for 4).



## 5 COOK SPAGHETTI AND MAKE SAUCE

Once water is boiling, add **spaghetti** to pot. Cook until al dente, 9-11 minutes, then drain and set aside. To pan with **veggies**, add **crushed tomatoes**, **stock concentrate**, **¼ cup water**, remaining **Tuscan Heat Spice**, **½ tsp sugar** (1 tsp for 4 servings), **salt**, and **pepper**. Bring to a boil, then reduce heat to medium. Cook until slightly thickened, 8-10 minutes. Stir in **meatballs**. Cook until sauce is very thick, 2-3 minutes more.



## 3 BAKE MEATBALLS

Lightly coat a baking sheet with a drizzle of **olive oil**. Place **meatballs** on prepared sheet. Bake on top rack until browned and cooked through, 12-15 minutes.



## 6 FINISH AND SERVE

Return **spaghetti** to empty pot. Carefully pour in **sauce** (including meatballs) and **2 TBSP butter**; toss to coat. If sauce seems dry, add a splash or two of **water**. Season with **salt** and **pepper**. Divide between plates and sprinkle with remaining **Parmesan**.

## GO GREEN

Have any fresh herbs (say some basil or parsley) on hand? Chop up about a handful, then sprinkle over your finished dish.

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