



PASTA NIGHT SPAGHETTI & MEATBALLS BAR

with sides & toppings for everyone to build their perfect plate

INGREDIENTS

2 PERSON | 4 PERSON

- ½ Cup(s) | 1 Cup(s)**
Pesto
Contains: Milk
- 2 tsp | 4 tsp**
Garlic Powder
- 1 TBSP | 2 TBSP**
Italian Seasoning
- 6 oz | 12 oz**
Spaghetti
Contains: Wheat
- 1 | 2**
Crushed Tomatoes
- 5 tsp | 10 tsp**
Balsamic Glaze
- 3 TBSP | 6 TBSP**
Parmesan Cheese
Contains: Milk
- ½ Cup(s) | 1 Cup(s)**
Panko Breadcrumbs
Contains: Wheat
- 1 | 2**
Chicken Stock Concentrate
- 10 oz | 20 oz**
Ground Beef**



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP.



**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli

Calories: 1410



10 oz | 20 oz
Ground Turkey

Calories: 1240



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 1360



HELLO

BUILD-A-PLATE

Delight everyone's palates with this customizable meal! If you chose to add extras, you can make turkey meatballs and/or add a veggie side!

TOP-NOTCH TOPPERS

Sprinkle your pasta bowls with panko breadcrumbs for crunchy contrast, or drizzle on a little savory-sweet balsamic glaze for tangy depth of flavor.

BUST OUT

- Large bowl
- Medium pot
- Large pan
- Small bowl
- Baking sheet
- Strainer
- Kosher Salt
- Black Pepper
- Cooking Oil
- Sugar
- Butter
- Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil.
- Place **packet of pesto** in a cup of warm water to bring to room temperature.
- 🍷 Adjust racks to top and middle positions. **Wash and dry produce.** Cut **broccoli** into bite-size pieces if necessary.



4 TOAST PANKO

- While pasta cooks, melt **1 TBSP butter** (2 TBSP for 4 servings) in a large, preferably nonstick, pan over medium heat. Add **remaining panko** and cook, stirring, until golden brown, 3-5 minutes.
- Turn off heat. Transfer to a small bowl; season with **salt** and **pepper**. Wipe out pan.



2 FORM MEATBALLS

- In a large bowl, combine **beef***, **stock concentrate**, **half the panko**, **half the garlic powder**, **half the Italian Seasoning**, **2 TBSP water**, **½ tsp salt**, and **pepper** (4 TBSP water and 1 tsp salt for 4 servings). Form into 10-12 1½-inch meatballs (20-24 for 4).
- Place **meatballs** on a **lightly oiled** baking sheet. Roast on top rack until browned and cooked through, 14-16 minutes.

- 🍷 Swap in **turkey*** for beef.
- 🍷 Toss **broccoli** on a separate baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on middle rack until browned and tender, 15-20 minutes.



5 MAKE RED SAUCE

- Heat a **drizzle of oil** in pan used for panko over medium-high heat. Add **crushed tomatoes**, **remaining garlic powder**, **remaining Italian Seasoning**, **¼ tsp sugar**, **½ tsp salt**, and **pepper** (½ tsp sugar and 1 tsp salt for 4 servings). Cook, stirring occasionally, until sauce is warmed through, 2-3 minutes.



3 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Drain, then return to pot.
- Toss with **2 TBSP butter** (4 TBSP for 4 servings) and a **pinch of salt and pepper**. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**



6 SERVE

- Serve **spaghetti**, **meatballs**, **toasted panko**, **red sauce**, **pesto**, **balsamic glaze**, and **Parmesan** family style and let everyone build their own plates (if you've got some on hand, serve with **chili flakes** from your pantry if desired). (Don't forget to serve with any extra items you may have ordered to build out your meal!)

- 🍷 Serve **broccoli** alongside **spaghetti** and **meatballs** bar.

*Ground Meat is fully cooked when internal temperature reaches 160°.

🍷 *Ground Poultry is fully cooked when internal temperature reaches 165°.