



Cooking Made Easy

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Tuscan Meatballs with Spaghetti, Fresh Basil & Tomato Sauce

We're not too proud nor too grown up to admit that this recipe may have been inspired by a certain canine cartoon. Unfortunately Lady and the Tramp didn't provide recipe details, so instead we took our inspiration from Tuscany to create a rustic, hearty dish that can be whipped up in no time at all. See our Fresh Tip* below to use cous-cous for a great, crunchy finish.

40 min

family box



Spaghetti



Beef Mince



Pecorino Cheese



Crackers



Organic Chopped Tomatoes



Garlic Clove



Dried Oregano



Porchini Mushrooms



Echalion Shallot



Basil



Couscous

Ingredients

	2P	4P
Spaghetti 2	-	500g
Beef Mince	-	450g
Pecorino Cheese, grated 1	-	2 tbsps
Crackers 2	-	4
Organic Chopped Tomatoes	-	2 tins
Garlic Clove, diced	-	2
Dried Oregano	-	½ tsp
Porcini Mushrooms, diced	-	1 tsp
Echalion Shallot, diced	-	2
Basil, torn	-	small bunch
Couscous 2	-	3 tbsps

⊕ May feature in another recipe

* Good to have at home

LH Step for little hands

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 794 kcal | Protein: 48 g | Carbs: 105 g | Fat: 19 g | Saturated Fat: 8 g



1 First soak your dry porcini mushrooms in hot (not boiling) water. Break up the crackers and soak them in half a cup of milk if you have it (or some water if not).



2 Dice up the garlic and shallot very finely and tear up the basil leaves. The porcini mushrooms should soften up after about 5 mins. Drain them, squeeze all the water out with your hand and then dice them finely. Squeeze out the crackers too.



3 LH: Mix together the mince, half the garlic, oregano and cheese (save some for the garnish). Next add the crackers, porcini mushrooms, ½ tsp of salt and a good pinch of black pepper. Work the mixture with your hands for a few minutes before covering and leaving in the fridge.



4 Put a non-stick pan on medium-low heat and add 2 tsp of olive oil. Gently fry the shallot and remaining garlic for 5 mins before adding in the chopped tomatoes, a pinch of salt, pepper and 1 tsp of sugar (if you have it). Bubble away until the sauce has gone nice and thick.

5 Take the meat out of the fridge and start rolling it into compact balls just slightly smaller than a golf ball. Finally, roll them in the couscous*.

6 Bring a pot of water to the boil, add in your spaghetti with ½ tsp of salt. Cook for around 10 mins until 'al dente' (i.e. there is just a hint of firmness left in the middle).

7 Heat 1 tbsp of olive oil on medium-high heat and brown off your meatballs. Cook on all sides for around 6 mins in total at which point they should be cooked through. **Tip:** Turn your meatballs gently so as not to break them

8 Once your meatballs are cooked stir the basil into your tomato sauce then pour this over the meatballs. Drain your pasta and divide it into bowls before topping with your meatballs, sauce and a sprinkle of the remaining pecorino.