



Cheesy Baked Pasta and Meatballs

with Spinach

Family Friendly 25-35 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Italian Sausage, uncased



Italian Breadcrumbs



Marinara Sauce



Tomato Sauce Base



Garlic Powder



Baby Spinach



Cavatappi



Mozzarella Cheese, shredded



Parmesan Cheese, grated



Soy Sauce

HELLO MOZZARELLA

This versatile creamy cheese takes any baked pasta from simple to luxurious!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Colander, measuring spoons, large bowl, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Sausage, uncased	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Marinara Sauce	1 cup	2 cups
Tomato Sauce Base	2 tbsp	4 tbsp
Garlic Powder	1 tsp	2 tsp
Baby Spinach	56 g	113 g
Cavatappi	170 g	340 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Parmesan Cheese, grated	¼ cup	½ cup
Soy Sauce	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Salt and Pepper*		

* Pantry items

** Cook beef and sausage to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Cook cavatappi

- Add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ **cup** (1 cup) **pasta water**, then drain and return **cavatappi** to the same pot, off heat.

2



Roast meatballs

- Meanwhile, add **beef**, **breadcrumbs**, **half the soy sauce**, **half the garlic powder**, **2 tbsp** (4 tbsp) **milk**, **3 tbsp** (6 tbsp) **Parmesan** and ¼ **tsp** (½ tsp) **salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer to an 8x8-inch baking dish (9x13-inch for 4 ppl).
- Roast in the **top** of the oven until cooked through, 10-12 min.**
- When **meatballs** are done, switch the oven to broil.

If you've opted to get **Italian sausage**, cook it in the same way the recipe instructs you to cook the **beef****

4



Finish sauce and cook spinach

- Add **cavatappi** and **reserved pasta water** to the pan with **sauce**.
- Increase heat to medium-high. Cook, stirring occasionally, until **sauce** thickens and coats **cavatappi**, 2-3 min.
- Meanwhile, roughly chop **spinach**.
- Add **spinach**. Cook, stirring constantly, until wilted, 1 min.
- Season with **salt** and **pepper**, to taste.

3



Cook sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- Add **tomato sauce base**, **marinara sauce**, **remaining garlic powder**, **remaining soy sauce** and ½ **tsp** (1 tsp) **sugar**. Season with **salt** and **pepper**. Bring to a gentle simmer, stirring occasionally.
- Simmer, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Add **1 tbsp** (2 tbsp) **butter**, then stir until melted.

5



Assemble and broil

- Add **meatballs** to the pan with **pasta**, then gently toss to coat **meatballs** in **sauce**.
- Transfer **pasta** and **meatballs** to the baking dish used for **meatballs**.
- Sprinkle **mozzarella**, then **remaining Parmesan** over top.
- Broil **pasta** and **meatballs** in the **middle** of the oven until **cheese** is melted and **top** is golden, 4-6 min. (**TIP**: Keep your eye on pasta and meatballs so they don't burn!)

6



Finish and serve

- Divide **cheesy baked pasta and meatballs** between plates.

Dinner Solved!