



Classic Turkey Meatballs

with Spaghetti and Parmesan

30 Minutes



Minced Turkey



Spaghetti



Parsley



Diced Tomatoes



Chicken Broth Concentrate



Tomato Sauce



Italian Seasoning



Garlic



Parmesan Cheese



Shallot



Italian Breadcrumbs



Baby Spinach

HELLO BREADCRUMBS

The secret ingredient to making meatballs that hold together when cooked in a sauce

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring cups & spoons, strainer, large bowl, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Spaghetti	170 g	340 g
Parsley	7 g	14 g
Diced Tomatoes	398 ml	796 ml
Chicken Broth Concentrate	1	2
Tomato Sauce	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Garlic	6 g	12 g
Parmesan Cheese	¼ cup	½ cup
Shallot	50 g	100 g
Italian Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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1 Prep

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. Finely chop **parsley**. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**.



4 Start meatballs

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **meatballs**. Cook, turning **meatballs** often, until golden-brown on all sides, 2-3 min. (**NOTE:** You will finish cooking the meatballs in step 5.) Transfer **meatballs** to a plate and set aside. Add **2 tbsp butter** (dbl for 4ppl) **shallots** and **remaining garlic** to pan. Cook, stirring often, until **shallots** soften, 2 min.



2 Cook spaghetti

Add **spaghetti** to **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. When **spaghetti** is done, reserve **1 cup pasta water** (dbl for 4 ppl), then drain and return to the same pot. Set aside.



5 Finish sauce

Add **tomato sauce**, **broth concentrate**, **diced tomatoes**, **remaining Italian seasoning** and **reserved pasta water**. Stir together and season with **salt** and **pepper**. Reduce heat to medium and return **meatballs** to pan. Cook, stirring often, until **sauce** is slightly thickened and **meatballs** are cooked through, 3-4 min.**



3 Make meatballs

While the **pasta** cooks, combine **turkey**, **breadcrumbs**, **half the Italian seasoning**, **half the parsley**, **half the Parmesan**, **half the garlic**, and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Season with **pepper**. Roll **mixture** into **8 meatballs** (16 meatballs for 4 ppl).



6 Finish and serve

Add **sauce**, **spinach** and **meatballs** to the large pot with **spaghetti**. Toss to coat, until **spinach** wilts, 1 min. Divide **turkey meatball pasta** between bowls. Sprinkle with **remaining parsley** and **remaining Parmesan**.

Dinner Solved!