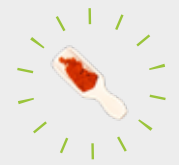




Sausage Meatball Spaghetti

with a Tomato & Mozzarella Salad



HELLO PAPIKA

In the old days people used to use paprika as a natural hair dye!



Pork Sausage Meat



Onion



Courgette



Finely Chopped Tomatoes with Basil



Smoked Paprika



Dried Oregano



Spaghetti



Mozzarella



Vine Tomato



Flat Leaf Parsley



Balsamic Vinegar



Hard Italian Cheese

MEAL BAG

Hands on: **15 mins**
Total: **40 mins**

2.5 of your
5 a day

Family Box

Spaghetti and meatballs. What's not to love? This recipe contains a brilliant time-saving tip that will cut down the cooking time without losing out on flavour... Making meatballs from sausage meat is a really simple way to make your life easier as there is no need to worry about seasoning. And to get your veggies in, we've snuck courgette into the thick tomatoey sauce and served this classic spaghetti dish with a simple caprese-style salad. Buon appetito!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Frying Pan**, **Measuring Jug** and **Colander**. Now, let's get cooking!



1 DO THE PREP

Shape the **sausage meat** into four **meatballs** per person. Set aside on a plate. **IMPORTANT:** Remember to wash your hands after handling raw meat! Halve, peel and thinly slice the **onion**. Remove the top and bottom from the **courgette** then quarter lengthways. Chop widthways into small pieces. Put a large saucepan of **water** with a pinch of **salt** on to boil for the **pasta**.



4 COOK THE PASTA

Meanwhile, add the **spaghetti** to the pan of boiling **water** and cook for 11 mins or until 'al dente'. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. When cooked, drain in a colander and return to the saucepan (off the heat) with a drizzle of **oil** and a good grind of **pepper**. Cover with a lid to keep warm.



2 FRY THE MEATBALLS

Heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **meatballs** and fry until golden all over, 5 mins.



5 MAKE THE SALAD

While the sauce and pasta cook, get on with your **salad**. Drain the **mozzarella** and cut both it, and the **vine tomato**, into 1cm wide slices. Roughly chop or tear the **parsley** (stalks and all). In a small bowl combine the **balsamic vinegar** with the **olive oil** (see ingredients for amount) along with a pinch of **salt** and **pepper**. This is your dressing. Arrange the **mozzarella**, **tomato** and **half** the **parsley** on a serving plate.



3 SIMMER THE SAUCE

Add the **onion** and cook, stirring gently (so as not to break the **meatballs**), until soft, 3-4 mins. Next, stir in the **finely chopped tomatoes**, **smoked paprika**, **dried oregano** and **water** (see ingredients for amount). Add the **courgette** and simmer until the **sauce** has thickened, 10 mins.



6 SERVE

Once the **sauce** is ready, stir in the remaining **parsley**. Serve the **pasta** in bowls topped with the **sausage meatballs** and sauce and a sprinkling of **hard Italian cheese**. Don't forget the **salad** - the **dressing** is optional for the kids of course! **Enjoy!**

4 PEOPLE INGREDIENTS

In order of use

Pork Sausage Meat 14)	560g
Onion	1
Courgette	2
Finely Chopped Tomatoes with Basil	1 carton
Smoked Paprika	1 tsp
Dried Oregano	1 tsp
Water*	100ml
Spaghetti 13)	400g
Mozzarella 7)	1 ball
Vine Tomato	4
Flat Leaf Parsley	1 bunch
Balsamic Vinegar 14)	1 sachet
Olive Oil*	2 tbsp
Hard Italian Cheese 7)	1 pack

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 623G	PER 100G
Energy (kcal)	930	149
(kJ)	3892	625
Fat (g)	40	6
Sat. Fat (g)	18	3
Carbohydrate (g)	93	15
Sugars (g)	17	3
Protein (g)	47	8
Salt (g)	3.01	0.48

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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