



Spaghetti and Italian Sausage Meatballs

with Rustic Tomato Sauce and Baby Spinach

Family Friendly

Optional Spice

Quick

25 Minutes



Mild Italian Sausage, uncased



Shallot



Garlic, cloves



Italian Breadcrumbs



Spaghetti



Crushed Tomatoes



Baby Spinach



Chicken Broth Concentrate



Parmesan Cheese, shredded



Tomato Sauce Base



Chili Flakes

HELLO ITALIAN SAUSAGE

This delicious pork sausage mix is seasoned with fennel!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Heat Guide for Step 6:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Shallot	100 g	200 g
Garlic, cloves	2	4
Italian Breadcrumbs	¼ cup	½ cup
Spaghetti	170 g	340 g
Crushed Tomatoes	370 ml	796 ml
Baby Spinach	56 g	113 g
Chicken Broth Concentrate	1	2
Parmesan Cheese, shredded	¼ cup	½ cup
Tomato Sauce Base	2 tbsp	4 tbsp
Chili Flakes 🌶️	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook 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.

Contact

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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.
- Meanwhile, peel, then finely chop **shallots**.
- Peel, then mince or grate **garlic**.



Make sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots**. Cook, stirring often, until softened, 2-3 min.
- Add **garlic** and **tomato sauce base**. Cook, stirring often, until fragrant, 1-2 min.
- Add **crushed tomatoes** and **broth concentrate**. Cook, stirring occasionally, until **sauce** reduces slightly, 6-8 min.



Form and bake meatballs

- Meanwhile, add **sausage** and **breadcrumbs** to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).
- Arrange **meatballs** on a foil-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min.**



Finish spaghetti

- Add **spaghetti**, **spinach**, **meatballs**, **reserved pasta water** and **half the Parmesan** to the pan with **sauce**.
- Toss gently to combine until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.



Cook spaghetti

- Meanwhile, add **spaghetti** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain **spaghetti**.



Finish and serve

- Divide **spaghetti and meatballs** between plates.
- Sprinkle **remaining Parmesan** and **¼ tsp chili flakes** over top. (**NOTE:** Reference heat guide.)

Dinner Solved!