





# Classic Turkey Meatballs

## with Spaghetti and Parmesan

25 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

 Swap	 Swap
Ground Beef 250 g   500 g	Beyond Meat® 2   4



 Ground Turkey 250 g   500 g	 Spaghetti 170 g   340 g
 Crushed Tomatoes with Garlic and Onion 1   2	 Tomato Sauce Base 2 tbsp   4 tbsp
 Italian Seasoning 1 tbsp   2 tbsp	 Parmesan Cheese, shredded ¼ cup   ½ cup
 Yellow Onion, chopped 56 g   113 g	 Italian Breadcrumbs 4 tbsp   8 tbsp
 Baby Spinach 56 g   113 g	 Chicken Broth Concentrate 1   2
 Garlic Salt 1 tsp   2 tsp	

**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.

**Pantry items** | Pepper, unsalted butter, salt

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, parchment paper, strainer

1



## Prep

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Roughly chop **spinach**.

2



## Cook spaghetti

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

3



## Make and roast meatballs

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Meanwhile, add **turkey, breadcrumbs, half the Italian Seasoning, half the Parmesan** and **half the garlic salt** to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Arrange **meatballs** on a parchment-lined baking sheet.
- Roast in the **middle** of the oven, turning halfway through, until golden-brown and cooked through, 10-12 min.\*\*

4



## Start sauce

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Cook, stirring often, until **onions** soften, 2 min.

5



## Finish sauce

- Add **tomato sauce base, broth concentrate, crushed tomatoes, remaining Italian Seasoning, remaining garlic salt** and **reserved pasta water**. Season with **pepper**, then stir to combine.
- Cook, stirring often, until **sauce** thickens slightly 3-4 min.
- Add **meatballs** and **spinach** to the pan. Cook, stirring often, until **spinach** wilts, 1 min.

6



## Finish and serve

- Add **sauce** and **meatballs** to the large pot with **spaghetti**. Toss to coat.
- Divide **turkey meatball pasta** between bowls.
- Sprinkle **remaining Parmesan** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 3 | Make and roast meatballs

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, prep and cook it in the same way the recipe instructs you to prep and cook the **turkey**.\*\*

## 3 | Make Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook it the same way the recipe instructs you to prep and cook the **turkey**.\*\*

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