



Cheesy Stuffed Meatballs

with Saucy Cavatappi Pasta

35 Minutes



Ground Beef



Cavatappi



Mozzarella Cheese,
shredded



Parmesan Cheese,
grated



Basil Pesto



Garlic



Red Onion



Italian Breadcrumbs



Baby Spinach



Crushed Tomatoes

HELLO STUFFED MEATBALLS

These mighty meatballs are hiding a delicious secret - mozzarella!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, colander, measuring spoons, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Cavatappi | 170 g | 340 g |
| Mozzarella Cheese, shredded | ¾ cup | 1 ½ cup |
| Parmesan Cheese, grated | ¼ cup | ½ cup |
| Basil Pesto | ¼ cup | ½ cup |
| Garlic | 6 g | 12 g |
| Red Onion | 56 g | 113 g |
| Italian Breadcrumbs | ¼ cup | ½ cup |
| Baby Spinach | 56 g | 113 g |
| Crushed Tomatoes | 398 ml | 796 ml |
| 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same amounts for 4 ppl.) Cover and bring to a boil over high heat. While the **water** comes to a boil, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**.



Bake meatballs

While **cavatappi** cooks, add **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 14-15 min.**



Make meatballs

Combine **beef**, **breadcrumbs**, **half the pesto** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. (**NOTE:** If you have eggs and desire a firmer meatball, add 1 egg to the meatball mixture.) Form **beef mixture** into **8 equal patties** (16 for 4 ppl). Add **1 tsp mozzarella** to the middle of **each patty**, then shape and press **patty** firmly around the **cheese**, fully enclosing it to create a ball. Repeat until **all meatballs** are formed.



Make tomato sauce

While **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **garlic**. Cook, stirring often, until softened, 2-3 min. Add **crushed tomatoes** and **remaining reserved pasta water**. Season with **salt** and **pepper**. Cook, stirring often, until slightly thickened, 2-3 min.



Cook cavatappi

Add **cavatappi** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. Reserve **½ cup pasta water** (dbl for 4 ppl). Drain **cavatappi** and return to the same pot, off heat. Add **spinach**, **remaining pesto** and **half the reserved pasta water**. Stir until **spinach** is wilted. Cover and set aside.



Finish and serve

Divide the **cavatappi** between bowls. Top with **meatballs** and **tomato sauce**. Sprinkle **Parmesan** and **remaining mozzarella** over top.

Dinner Solved!