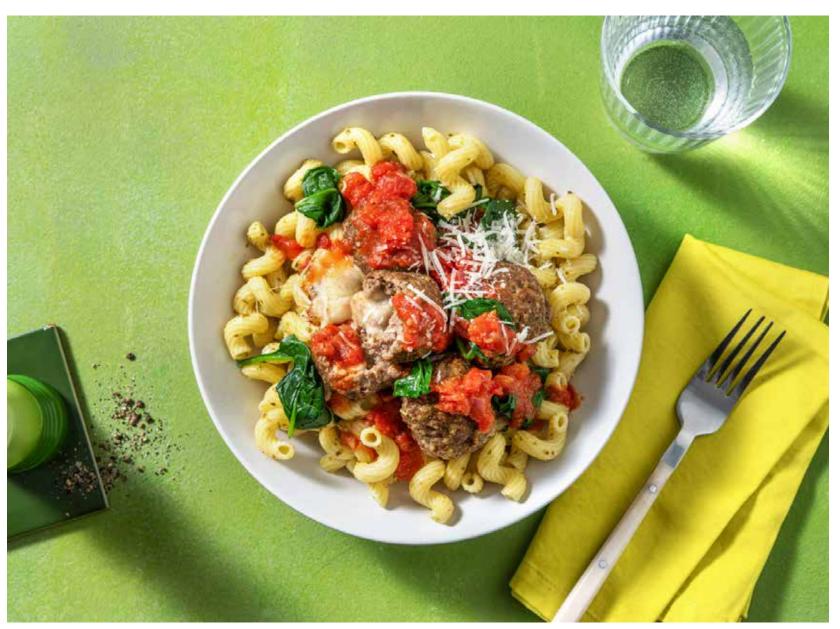


# **Cheesy Stuffed Meatballs**

with Saucy Cavatappi Pasta

35 Minutes





**Ground Beef** 



Cavatappi



Mozzarella Cheese,



Parmesan Cheese,

grated

shredded







**Red Onion** 



Italian Breadcrumbs



Baby Spinach



**Crushed Tomatoes** 

# 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

3. 5 5 5		
	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	1/4 cup	½ cup
Basil Pesto	1/4 cup	½ cup
Garlic	6 g	12 g
Red Onion	56 g	113 g
Italian Breadcrumbs	⅓ 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.



## 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**.



#### 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.



# 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.



### 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 tomato sauce

While **meatballs** bake, heat a large nonstick 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.



#### Finish and serve

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

# **Dinner Solved!**

## Contact

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