



Classic Turkey Meatballs

with Spaghetti and Parmesan

PRONTO 30 Minutes



Minced Turkey



Spaghetti



Parsley



Crushed Tomatoes



Chicken Broth Concentrate



Tomato Paste



Italian Seasoning



Garlic



Parmesan Cheese



Shallot



Italian Breadcrumbs

HELLO BREADCRUMBS

The secret ingredient to making meatballs that hold together when cooked in a sauce

Start Strong

Before starting, wash and dry all produce. When cooking pasta, starch is released into the water; that starchy pasta water helps to thicken this sauce, without adding extra ingredients.

Bust Out

Large Bowl, Large Non-Stick Pan, Strainer

Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Spaghetti	170 g	340 g
Parsley	7 g	14 g
Crushed Tomatoes	1 box	2 box
Chicken Broth Concentrate	1	2
Tomato Paste	2 tbsp	4 tbsp
Italian Seasoning	2 tbsp	4 tbsp
Garlic	6 g	12 g
Parmesan Cheese	¼ cup	½ cup
Shallot	50 g	100 g
Italian Breadcrumbs	¼ cup	½ cup
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.



1. PREP

In a large pot, add **12 cups water** and **2 tsp salt**. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Finely chop **parsley**. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**.



2. COOK SPAGHETTI

Break **spaghetti** in half, then add to **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. When **spaghetti** is done, reserve **¾ cup pasta water** (dbl for 4 ppl), then drain.



3. MAKE MEATBALLS

Meanwhile, in a large bowl, combine **turkey**, **half the Italian seasoning**, **half the parsley**, **half the Parmesan**, **half the garlic**, **2 tbsp Italian breadcrumbs** (dbl for 4 ppl) and **¼ tsp salt** (dbl for 4 ppl). Season with **pepper**. Roll **mixture** into **14 1-inch wide meatballs** (28 meatballs for 4 ppl).



4. START SAUCE

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **meatballs**. Cook, turning **meatballs** often, until golden-brown on all sides, 2-3 min. Add **shallots** and **remaining garlic**. Cook, stirring often, until **shallots** soften, 2 min.



5. FINISH SAUCE

To the pan, add **tomato paste**, **broth concentrate**, **crushed tomatoes**, **remaining Italian seasoning** and **reserved pasta water**. Stir together and season with **salt** and **pepper**. Cook, stirring often, until slightly thickened and **meatballs** are cooked through, 3-4 min. **



6. FINISH AND SERVE

To the **sauce**, add **spaghetti** and **remaining parsley**. Toss to coat. Divide **turkey meatball pasta** between bowls. Sprinkle over **remaining Parmesan**.

Dinner Solved!

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