



# Classic Turkey Meatballs

with Spaghetti and Parmesan

30 Minutes



Minced Turkey



Spaghetti



Parsley



Crushed Tomatoes



Chicken Broth Concentrate



Tomato Sauce Base



Italian Seasoning



Garlic



Parmesan Cheese, shredded



Onion, chopped



Italian Breadcrumbs



Baby Spinach

HELLO BREADCRUMBS

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

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, strainer, large bowl, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Minced Turkey	250 g	500 g
Spaghetti	170 g	340 g
Parsley	7 g	14 g
Crushed Tomatoes	370 ml	740 ml
Chicken Broth Concentrate	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Garlic	6 g	12 g
Parmesan Cheese, shredded	½ cup	1 cup
Onion, chopped	56 g	113 g
Italian Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
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.*

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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. While **water** comes to a boil, finely chop **parsley**. Peel, then mince or grate **garlic**.



## Start meatballs and 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. (**NOTE:** You will finish cooking meatballs in step 5.) Transfer **meatballs** to a plate and set aside. Add **2 tbsp butter** (dbl for 4 ppl), then **onions** and **remaining garlic** to the pan. Cook, stirring often, until **onions** soften, 2 min.



## Cook spaghetti

Add **spaghetti** to the **boiling water**. Cook, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **spaghetti** to the same pot, off heat.



## Finish sauce

Add **tomato sauce base**, **broth concentrate**, **crushed tomatoes**, **remaining Italian Seasoning** and **reserved pasta water**. Season with **salt** and **pepper**, then stir to combine. Reduce heat to medium, then return **meatballs** to the pan. Cook, stirring often, until **sauce** thickens slightly and **meatballs** are cooked through, 3-4 min.\*\*



## Make meatballs

While **spaghetti** cooks, add **turkey**, **breadcrumbs**, **half the Italian Seasoning**, **half the parsley**, **half the Parmesan**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).



## Finish and serve

Add **sauce**, **meatballs** and **spinach** to the large pot with **spaghetti**. Toss to coat, until **spinach** wilts, 1 min. Divide **turkey meatball pasta** between bowls. Sprinkle **remaining parsley** and **remaining Parmesan** over top.

## Dinner Solved!