



ITALIAN SPAGHETTI AND MEATBALLS

with Basil-Infused Tomato Sauce, Baby Spinach and Parmesan



HELLO

EASY MEATBALLS

Our hack to quick and easy meatballs makes this recipe super speedy

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 911



Italian Sausage Meat



Baby Spinach



Spaghetti



Garlic



Onion, chopped



Parmesan Cheese, shredded



Diced Tomatoes



Tomato Passata



Basil

BUST OUT

- Large Pot
- Salt
- Large Non-Stick Pan
- Pepper
- Medium Bowl
- Olive or Canola oil
- Strainer

INGREDIENTS

4-person

- Italian Sausage Meat 2 pkg (500 g)
- Baby Spinach 1 pkg (113 g)
- Spaghetti 1 2 pkg (340 g)
- Garlic 1 pkg (10 g)
- Onion, chopped 1 pkg (113 g)
- Parmesan Cheese, shredded 2 1 pkg (½ cup)
- Diced Tomatoes 1 can
- Tomato Passata 1 box
- Basil 1 pkg (10 g)

ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Kids don't like the 'green stuff'? Set some sauce aside before adding the spinach in the final step.



1 PREP Wash and dry all produce.* Bring a large pot of **salted water** to a boil. Mince or grate the **garlic**. Finely chop the **basil leaves**. (Reserve the **basil stems** — we'll use them to add extra flavour to the sauce!)



2 MAKE MEATBALLS Roll the **sausage meat** into 1-inch meatballs. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **meatballs**. Cook, turning the meatballs occasionally, until golden on all sides, 3-4 min. Transfer the meatballs to a medium bowl.



3 MAKE SAUCE Add another drizzle of **oil** to the same pan. Add the **onion, garlic** and **basil stems**. Cook until the onion softens, 3-4 min. Add the **diced tomatoes** and **tomato passata**. Reduce the heat to medium-low. Add the **meatballs** to the sauce. Simmer until the meatballs are cooked through, 9-10 min.



4 COOK PASTA Meanwhile, add the **spaghetti** to the **boiling water** and cook until tender, 9-10 min. Drain.



5 FINISH SAUCE Remove the **basil stems** from the sauce. Add the **spinach** and stir until it wilts, 1-2 min.



6 FINISH AND SERVE Divide the **spaghetti** between bowls. Top with **meatballs** and **sauce**. Sprinkle with **Parmesan** and **basil leaves**.

ROLL WITH IT!

Making meatballs has never been so easy.