



# ITALIAN SPAGHETTI AND MEATBALLS

with Basil-Infused Tomato Sauce, Spinach and Parmesan

FAMILY



HELLO

## EASY MEATBALLS

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

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 912



Mild Italian Sausage, uncased



Baby Spinach



Spaghetti



Garlic



Onion, chopped



Parmesan Cheese, shredded



Diced Tomatoes



Tomato Passata



Basil

## BUST OUT

- Large Non-Stick Pan
- Garlic Press
- Large Pot
- Salt and Pepper
- Strainer
- Olive or Canola oil

## INGREDIENTS

4-person

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

In Step 5, cut a meatball open to make sure it's not pink inside before adding the spinach! Also, if the kids don't like the 'green stuff', set some sauce aside before adding the spinach!



### 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-brown on all sides, 3-4 min. Transfer the meatballs to a plate and set aside.



### 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 when the pasta is done cooking.)



### 5 FINISH SAUCE

Remove the **basil stems** from the **sauce** and discard. Add the **spinach** and stir until wilted, 1-2 min.



### 6 FINISH AND SERVE

Divide the **spaghetti** between bowls. Top with the **meatballs** and **sauce**. Sprinkle with the **Parmesan** and chopped **basil leaves**.

## ROLL WITH IT!

Making meatballs has never been so easy.

