



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

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

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

- 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

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.