



Spaghetti and Italian Sausage Meatballs

with Rustic Tomato Sauce and Baby Spinach

PRONTO 25 Minutes



Mild Italian Sausage, uncased



Shallot



Garlic



Panko Breadcrumbs



Spaghetti



Crushed Tomatoes



Baby Spinach



Chicken Broth Concentrate



Parmesan Cheese



Tomato Sauce



Chili Flakes

HELLO MEATBALLS

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

Start Strong

Before starting, preheat the oven to 400°F and wash and dry all produce.

Heat Guide for Step 6:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust Out

Baking Sheet, Large Bowl, Large Non-Stick Pan, Measuring Spoons, Strainer, Box Grater, Aluminum Foil, Garlic Press, Large Pot, Measuring Cups

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Shallot	100 g	200 g
Garlic	6 g	12 g
Panko Breadcrumbs	¼ cup	½ cup
Spaghetti	170 g	340 g
Crushed Tomatoes	1 box	2 box
Baby Spinach	56 g	113 g
Chicken Broth Concentrate	1	2
Parmesan Cheese	¼ cup	½ cup
Tomato Sauce	2 tbsp	4 tbsp
Chili Flakes	1 tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

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1. PREP

Add **10 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, peel, then using a box grater, coarsely grate the **shallot**. Peel, then mince or grate **garlic**.



4. MAKE SAUCE

While **spaghetti** cooks, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining shallot**. Cook, stirring often, until softened, 2-3 min. Add **garlic** and **tomato sauce**. Cook, stirring often, until fragrant, 1-2 min. Add **crushed tomatoes** and **broth concentrate**. Cook, stirring occasionally, until slightly reduced, 6-8 min.



2. MAKE & BAKE MEATBALLS

While **water** boils, combine **sausage**, **breadcrumbs** and **half the shallot** in a large bowl. Season with **pepper**. Roll **sausage mixture** into **equal 2 tbsp sized meatballs** (8 meatballs for 2 ppl or 16 meatballs for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in **middle** of oven, until cooked through, 12-14 min. **



5. FINISH PASTA

Add **spinach** to the pan with **sauce** and stir until wilted, 1 min. Add **spaghetti**, **reserved pasta water**, **half the Parmesan** and **meatballs**. Toss to combine. Season with **salt** and **pepper**.



3. COOK SPAGHETTI

While **meatballs** cook, add **spaghetti** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain.



6. FINISH AND SERVE

Divide **pasta** and **meatballs** between plates. Sprinkle over **remaining Parmesan** and **¼ tsp chili flakes** (dbl for 4 ppl). (**NOTE:** Reference Heat Guide in Start Strong).

Dinner Solved!