

Spaghetti and Italian Sausage Meatballs

with Rustic Tomato Sauce and Baby Spinach

Family Friendly

Optional Spice

Quick

25 Minutes





uncased











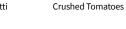
Garlic, cloves



Spaghetti



Italian Breadcrumbs





Baby Spinach



Chicken Broth Concentrate



Parmesan Cheese, shredded



Tomato Sauce Base



Chili Flakes

HELLO ITALIAN SAUSAGE

Start here

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

Heat Guide for Step 6:

- Mild: ¼ tsp
- Medium: 1/2 tsp
- Spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

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	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Shallot	100 g	200 g
Garlic, cloves	2	4
Italian Breadcrumbs	⅓ cup	½ cup
Spaghetti	170 g	340 g
Crushed Tomatoes	370 ml	796 ml
Baby Spinach	56 g	113 g
Chicken Broth Concentrate	1	2
Parmesan Cheese, shredded	⅓ cup	½ cup
Tomato Sauce Base	2 tbsp	4 tbsp
Chili Flakes 🤳	1/4 tsp	½ tsp
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.

Contact

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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.
- Meanwhile, peel, then finely chop shallots.
- Peel, then mince or grate garlic.



Form and bake meatballs

- Meanwhile, add **sausage** and **breadcrumbs** to a large bowl. Season with **pepper**, then combine. (TIP: If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).
- Arrange meatballs on a foil-lined baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min.**



Cook spaghetti

- Meanwhile, add **spaghetti** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup pasta water (dbl for 4 ppl), then drain spaghetti.



Make sauce

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



Finish spaghetti

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



Finish and serve

- Divide **spaghetti and meatballs** between plates.
- Sprinkle remaining Parmesan and ¼ tsp chili flakes over top. (NOTE: Reference heat guide.)

Dinner Solved!