

Webfid00323hero hiddenvegmeatballs 125

## Hidden Vegetable Meatballs

in Tomato Sauce with Spaghetti



40-50min



4 Portions

There's no doubt that spaghetti and meatballs will always be a family favourite, especially with the kids who love twirling their forks in the pasta and sauce. We've taken the liberty of adding a couple of sneaky veggies into the meatballs, to give the meal a boost of goodness, but still with all the classic flavour. Tuck in!

## What we send

- smoked cheddar <sup>7</sup>
- chopped tomatoes
- spaghetti <sup>1</sup>
- 2 garlic cloves and parsley
- grass-fed beef mince
- panko breadcrumbs <sup>1</sup>
- red onion
- zucchini
- carrot

## What you'll require

- olive oil
- salt and pepper

## Utensils

- baking paper
  - clean tea towel
  - Colander
  - deep frypan
  - grater
  - large saucepan
  - oven tray
  - pastry brush
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If you want to decrease your active preparation time, just roll larger meatballs and cook in the oven for an extra 5 mins.

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 740.0kcal, Fat 19.6g, Proteins 51.2g, Carbs 85.7g



### 1. Prepare ingredients

Preheat oven to 200C. Bring a large saucepan of salted water to the boil for the spaghetti. Finely grate the **carrot** and **zucchini**, then place in a clean tea towel and squeeze out as much liquid as possible. Place in a large bowl.



### 2. Make meatballs

Finely chop **onion**. Crush or finely chop **garlic**. Finely chop **parsley**, reserving some leaves for garnish. Add the chopped parsley, **breadcrumbs**, **mince** and half the onion and garlic to the **carrot mixture** and season with **sea salt and pepper**. Using clean hands, combine mixture thoroughly then form into small meatballs about the size of a walnut (see cooking tip).



### 3. Brown meatballs

Place **meatballs** on a large lined oven tray. Lightly brush with **oil** and bake for 10-12 mins, turning regularly, until browned all over (they do not need to be cooked through).



### 4. Cook spaghetti

Meanwhile, cook the **spaghetti** in the pan of boiling water for 10 mins. Drain well.



### 5. Make tomato sauce

Meanwhile, heat 1 tbs **oil** in a large deep frypan over medium heat. Cook the remaining **onion** and **garlic** for 3 mins. Add **tomatoes** and bring to a simmer. Season with **sea salt**. Add the **meatballs** and simmer over medium-low heat for 5 mins.



### 6. Get ready to serve

Coarsely grate the **cheese** and scatter over the pan. Simmer for a further 1-2 mins until cheese has melted. Divide **spaghetti** between shallow bowls and top with **meatballs** and **sauce**. Garnish with the reserved **parsley** leaves.

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