

# MARLEY SPOON



## Beef Meatball Pasta

with Oregano and Zucchini



20-30min



4 Portions

Tempt the family with a generous bowl of winter-warming meatballs. Simply infuse the rich, thick tomato sauce with fragrant oregano, pan-fry ready-to-go beef meatballs, pile over linguine with a generous hit of parmesan and dive in.



## What we send

- onion
- mild chilli flakes
- diced tomatoes
- zucchini
- beef meatballs <sup>17</sup>
- parsley, garlic
- dried oregano
- linguine <sup>1</sup>
- fennel seeds <sup>1</sup>
- parmesan <sup>7</sup>

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- large frypan
- large saucepan

Our veggies come fresh from the farm, so please wash them before use.

### Cooking tip

If preferred, add chilli flakes to taste. The remaining chilli won't be used in this dish so if liked serve the remainder at the table for scattering over for those who like a bit of spice.

### Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 995kcal, Fat 34.0g, Carbs 106.5g, Protein 58.8g



### 1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Halve the **zucchini** lengthwise, then thinly slice. Bring a large saucepan of salted water to the boil for the pasta.



### 2. Cook meatballs

Put **2 tsp fennel seeds** in a large frypan over medium heat and toast, tossing, for 2-3 mins until fragrant. Remove from the pan. Heat **2 tbs olive oil** in the same frypan on medium-high heat. Cook the **meatballs** for 5-8 mins turning occasionally, until evenly golden. Remove from the pan.



### 3. Start sauce

Heat **2 tbs olive oil** in the same frypan over medium-high heat. Cook the **onion** and **garlic** for 3 mins or until softened.



### 4. Cook sauce

Add the **tomatoes, fennel seeds, 2 tsp oregano** and **½ tsp chilli flakes** (see cooking tip) to the frypan and bring to the boil. Season with **salt and pepper** and return the **meatballs** to the pan with the **zucchini** and simmer, covered, over low heat for 10 mins or until the meatballs are cooked through.



### 5. Cook pasta

Meanwhile, cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 8 mins or until al dente. Drain.



### 6. Get ready to serve

While the pasta is cooking, finely chop the **parsley**. Finely grate the **parmesan**. Divide the **pasta, meatballs** and **sauce** among bowls and scatter over the **parmesan** and **parsley** to serve.