

DINNERLY



Sweet Tomato Meatballs with Parmesan and Parsley Pasta



20-30 minutes



2 Servings

WHAT WE SEND

- beef mince
- 200g farfalle pasta ¹
- 50g parmesan ⁷
- parsley
- 2 chicken-style stock cubes
- 1 tomato

WHAT YOU NEED

- Australian honey
- olive oil
- tomato paste

TOOLS

- box grater
- medium frypan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 910kcal, Fat 40.5g, Carbs 77.3g, Proteins 56.2g



1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Finely chop the **parsley** leaves and stems, keeping them separate. Crush or finely chop **2 garlic cloves**. Coarsely grate the **tomato** (see Kitchen hack). Finely grate the **parmesan**.



2. Cook pasta

Cook the **pasta** in the pan of boiling water for 8-9 mins until al dente. Drain, reserving **60ml (¼ cup) cooking water**. Crumble **1 stock cube** into a heatproof jug (the remaining stock cube won't be used in this dish). Add the **cooking water** and stir to dissolve.



3. Make meatballs

Meanwhile, put the **parsley leaves**, **half the garlic**, **2 tbs parmesan**, **1 tbs olive oil** and **1 tbs water** in a bowl, season with **salt and pepper** and stir to combine. Set aside. Put the **beef mince**, **parsley stems** and **remaining garlic** in a large bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 1 tbs-sized balls.



4. Cook meatballs

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **meatballs**, turning, for 10 mins or until browned and cooked through. Add the **grated tomato**, **stock**, **1 tbs tomato paste** and **2 tsp honey** to the pan. Cook, stirring occasionally, for 5 mins or until the sauce has reduced. Remove the pan from the heat.







5. Serve up

Add the **parsley mixture** and **half the remaining parmesan** to the pasta and toss to combine. Divide the **pasta** among bowls and top with the **meatballs** and **sauce**. Scatter over the **remaining parmesan** and enjoy!



6. Kitchen hack

Grate the tomato over a bowl to catch all the juices.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     **#dinnerly**

 **Packed in Australia from at least 55% Australian ingredients**