



Product Spotlight: Mushrooms

It is best to store mushrooms in the paper bags they are packed in as it allows them to breathe. Air-tight containers will cause condensation, and this will spoil them.



Mini Beef Meatball Pasta

Mini beef meatballs in a rich tomato sugo with mushrooms and hidden zucchini, tossed with orecchiette pasta and finished with a sprinkle of fresh parsley.



25 minutes



2 servings



Beef

22 September 2023

Add some extra!

*Add celery, carrot, capsicum or olives to bulk out the sauce and make extra serves!
Transfer the pasta to an oven dish, top it with cheese and bake until melty!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	14g	117g

FROM YOUR BOX

SHORT PASTA	1 packet
BEEF KOFTAS	300g
BROWN ONION	1
BUTTON MUSHROOMS	150g
ZUCCHINI	1
TOMATO SUGO	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, dried oregano, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Use the fine grater to grate the zucchini and further hide the greens! You could also slice or dice the zucchini if you prefer more bulk to your pasta sauce.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions. Drain and set aside.



2. BROWN THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Break koftas into 4 evenly-sized pieces and roll into mini meatballs. Add to pan as you go. Cook for 3-4 minutes until browned. Remove and set aside.



3. SAUTÉ THE VEGETABLES

Slice onion and mushrooms. Add to pan with **1/2 tbsp paprika**, **1 tsp oregano** and **1/2 tbsp soy sauce**. Finely grate and add zucchini (see notes). Cook for 5 minutes.



4. SIMMER THE SAUCE

Pour in tomato sugo and **1/2 jar water**. Return meatballs to pan. Simmer for 8-10 minutes until meatballs are cooked through.



5. TOSS THE PASTA

Toss cooked pasta into pan until well combined. Season to taste with **salt** and **pepper**.



6. FINISH AND SERVE

Chop parsley and use to garnish pasta. Serve at the table.



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