



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Courgettes

Courgette or baby zucchini is actually a fruit although most times prepared and cooked as a vegetable. It is attached to a yellow edible flower.



## 3 Spaghetti and Meatballs

A family favourite for any time of the year. Beef and parmesan meatballs in a tomato and vegetable sauce. Topped with extra parmesan tossed with baby spinach and rocket.

 30 minutes

 2 servings

 Beef

7 January 2022

## Short on time?

*Make a bolognese sauce instead. Simply fry off the beef, add vegetables and tomato sugo. Simmer and serve with pasta and parmesan leaf topping.*

## FROM YOUR BOX

LONG PASTA	1 packet (250g)
BROWN ONION	1
BEEF MINCE	300g
PARMESAN CHEESE	1 packet
CARROT	1
COURGETTES	2
TOMATO SUGO	1 jar
SPINACH AND ROCKET	1 packet (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

To really hide the vegetables chop them in a food processor and then add to the pan.

Leave some of the parmesan separate to top plates if little ones don't want the leaves.

**No beef option - beef mince is replaced with chicken mince.** Combine as per step 2, then use a desert spoon to spoon mince straight into pan.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain pasta.



### 2. MAKE THE MEATBALLS

Finely chop onion. Mix beef mince with 1/4 cup parmesan cheese, 2 tbsp chopped onion, **1 tsp oregano, salt and pepper**. Use a 1/4 cup measure and form into meatballs.



### 3. BROWN THE MEATBALLS

Heat a large frypan with **oil** over medium-high heat. Add meatballs and brown all over. Slice and add remaining onion, cook for a further 3 minutes.



### 4. SIMMER THE SAUCE

Grate carrot and courgettes (see notes), adding to pan as you go. Cook for 2-3 minutes. Add sugo and **1/2 jar water**. Simmer, semi covered, for 8-10 minutes. Season to taste with **salt and pepper**.



### 5. MAKE THE TOPPING

Toss spinach and rocket leaves with remaining parmesan cheese (use to taste), **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes).



### 6. FINISH AND SERVE

Divide pasta between bowls and spoon over meatballs and sauce. Top with dressed leaves and cheese.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

