



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Almonds

Almonds are packed with heart-healthy fats, as well as fibre and protein. Plus, they're fantastic in pesto like in this recipe!



2 Chicken Meatballs with Pesto Spaghetti

Spaghetti meatballs, with a twist! Look forward to homemade pesto, tender chicken meatballs and wholesome roast veggies.

 30 minutes

 4 servings

 Chicken

24 August 2020

Customise the pesto

Homemade pesto is easy to make — and totally customisable! In addition to the ingredients we've suggested in this recipe, you can add a little Parmesan cheese, pine nuts, fresh basil, pistachios, lemon zest, chilli or walnuts.

FROM YOUR BOX

CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
RED CAPSICUM	1
SPAGHETTI	500g
CHICKEN MEATBALLS	1 packet
ENGLISH SPINACH	1 bunch
GARLIC CLOVES	2
ALMONDS	1 packet (80g)
OREGANO	1 packet
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, dried oregano

KEY UTENSILS

saucepan, oven tray, large frypan, stick mixer (see notes)

NOTES

If you prefer, add the meatballs straight to the vegetable tray to cook!

If you don't have a stick mixer, simply chop the pesto ingredients as finely as you can (or have time for) for a more chunky-style pesto.

No gluten option - pasta is replaced with GF pasta.



1. ROAST THE VEGETABLES

Set oven to 200°C and bring a saucepan of water to the boil.

Halve cherry tomatoes, slice onion and capsicum. Toss together on a lined oven tray with **1 tsp oregano, oil, salt and pepper** (see notes). Roast for 15–20 minutes.



2. COOK THE SPAGHETTI

Add spaghetti to boiling water and cook according to packet instructions or until al dente. Drain, reserving **1 1/2 cup water**.



3. COOK THE MEATBALLS

Heat a frypan with **oil** over medium-high heat. Add the meatballs and cook for 6–8 minutes, turning occasionally, until cooked through. Remove pan from heat.



4. MAKE THE PESTO

Rinse and roughly chop spinach. Place into a jug with crushed garlic, roughly chopped almonds, fresh oregano (keep some for garnish), juice from 1/2 lemon and **1/3 cup olive oil**. Blend until smooth and season to taste with **salt and pepper**.



5. FINISH THE SAUCE

Add pesto and roasted vegetables to the pan with the meatballs. Add **reserved pasta water** to thin (we used 1 cup).



6. FINISH AND PLATE

Serve chicken meatballs and pesto over spaghetti. Garnish with reserved oregano.

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**

