



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are actually little flower buds! They come from a plant called Finders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



2 Spaghetti & Meatballs

Family mid-week classic - Lady and The Tramp Meatballs in tomato sauce served with spaghetti and a yummy salad.



20 minutes



4 servings



Chicken

13 July 2020

FROM YOUR BOX

SPAGHETTI	500g
CHICKEN MEATBALLS	1 packet
RED ONION	1
CELERY STICK	1
CARROT	1
TOMATO SUGO	1 jar
TOMATOES	3
GREEN CAPSICUM	1
BABY CAPERS	1/2 jar *
PARMESAN CHEESE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper

KEY UTENSILS

large saucepan, large frypan

NOTES

Serve spaghetti and sauce separate if you prefer.

Sprinkle some parmesan cheese over the salad for extra flavour.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE SPAGHETTI

Bring a large saucepan of water to the boil. Add spaghetti and cook according to the packet instructions until cooked al dente. Drain.



2. BROWN THE MEATBALLS

Heat a large frypan with **oil** over medium-high heat. Add meatballs and brown all-round.



3. SIMMER THE SAUCE

Dice and add onion, celery and carrot. Cook for 2-3 minutes then add sugo and **1/3 jar water**. Simmer, covered, for 8-10 minutes or until carrot is soft.



4. PREPARE THE SALAD

Slice tomatoes and capsicum. Layer on a serving plate and drizzle with **olive oil**. Scatter capers on top (rinse if preferred, see notes).



5. TOSS IN THE SPAGHETTI

Toss drained spaghetti into sauce and combine well. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Serve spaghetti and meatballs with side salad. Top with parmesan 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**

