



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  2 servings  Chicken

13 July 2020

## FROM YOUR BOX

SPAGHETTI	250g
CHICKEN MEATBALLS	1 packet
RED ONION	1/2 *
TOMATO SUGO	1 jar
ZUCCHINI	1/2 *
TOMATOES	2
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

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 saucepan of water to the boil. Add spaghetti and cook according to the packet instructions on 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, cook for 2-3 minutes. Stir in sugo and **1/4 jar water**. Grate in zucchini then simmer, covered, for 8-10 minutes.



### 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](mailto:hello@dinnertwist.com.au)

