



### Product Spotlight: Zucchini

Did you know that zucchini is a great source of vitamin K, a vitamin which isn't lost during cooking. Vitamin K is essential for healthy bones and blood clotting.



## 4 Beef Meatballs with Zucchini Noodles

Classic spaghetti and meatballs with a twist! Savoury beef meatballs in a rich tomato sauce with healthy zucchini and carrot noodles, garnished with a cashew parmesan cheese.

 30 minutes

 4 servings

 Beef

7 December 2020

### Spice it up!

*You can add crushed garlic, dried oregano or fennel seeds to your beef meatballs for added depth of flavour! If you have fresh basil or oregano in the garden you could use some for garnish.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 16g **CARBOHYDRATES** 22g

## FROM YOUR BOX

BEEF MINCE	600g
SPRING ONIONS	1/4 bunch *
CELERY STICKS	2
TOMATOES	2
THYME	1/2 packet *
PASTA SAUCE	1 jar
ZUCCHINIS	2
CARROTS	2
CASHEW PARMESAN	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice mix (or dried herb of choice)

## KEY UTENSILS

large frypan

## NOTES

If you prefer your veggie noodles slightly cooked you can stir them through the sauce in step 5 or place them in a sieve and pour boiled kettle water over.

If you don't want to make the veggie noodles you can slice and sauté or roast the vegetables instead. Serve with the beef meatballs and sauce.

**No beef option - beef mince is replaced with chicken mince.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. MAKE THE MEATBALLS

Heat a frypan over medium-high heat. Combine beef with **1 tsp cajun spice, salt and pepper**. Roll into even size meatballs using oiled hands and add to pan as you go. Cook for 5-6 minutes turning until browned. Remove and set aside.



### 2. SAUTÉ THE VEGGIES

Reduce pan heat to low. Slice spring onions, dice celery and tomatoes. Add to pan as you go along with 1 tbsp thyme leaves and **1 tbsp olive oil**. Increase pan heat to medium-high and cook for 5 minutes until softened.



### 3. SIMMER THE SAUCE

Pour in pasta sauce and **1/2 jar water**. Cover and simmer for 5 minutes.



### 4. MAKE THE NOODLES

Julienne or ribbon zucchinis and carrots into noodles using a julienne peeler/spiralizer or vegetable peeler (see notes).



### 5. RETURN THE MEATBALLS

Add the cooked meatballs to the sauce and simmer for a further 5 minutes. Take off heat and season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide veggie noodles among bowls. Spoon over even amounts of meatballs and sauce. Garnish with cashew parmesan and extra thyme leaves.

**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)

