



### Product Spotlight: Thyme

During the Middle Ages, thyme was thought to ward off nightmares if placed under a pillow before sleeping! It's also a good source of vitamin C.



## 4 Meatballs with Vegetable Noodles

Beef meatballs in a rich tomato based sauce, served over zucchini and carrot noodles with umami packed cashew parmesan.

 30 mins

 4 servings

 Beef

11 June 2021

### *How to bulk up your meatballs!*

*If you want to make your meatballs more traditional mix your beef mix with 1 cup bread crumbs, 1/2 cup milk, tomato paste, thyme and seasoning. Roll into even sized balls and cook according to the instructions.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 11g **CARBOHYDRATES** 16g

## FROM YOUR BOX

BEEF MINCE	600g
THYME	1 packet
TOMATO PASTE	1 tub
BROWN ONION	1
CELERY STICKS	2
GARLIC	2 cloves *
STOCK PASTE	1 jar
ZUCCHINIS	2
CARROTS	2
CASHEW PARMESAN	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

large frypan with lid, kettle

## NOTES

If you have some fresh parsley or dried herbs such as oregano, parsley or Italian herbs, add them into the meatball mix, along with an egg and some breadcrumbs for extra flavour.

If you don't want to make noodles, you can cut the vegetables and add them at step 2 and sauté into the sauce.

**No beef option – beef mince is replaced with chicken mince.**



### 1. MAKE THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Combine the mince with half the thyme, 1 tbsp tomato paste, **salt and pepper** (see notes). Roll into even sized meatballs using oiled hands and add to pan as you go. Cook for 5-6 minutes turning until browned. Remove from pan and set aside.



### 2. COOK VEGETABLES

Reduce pan heat to medium-low. Slice onion and celery, crush garlic cloves (see notes). Add to pan with **oil** and remainder of the thyme. Cook stirring for 2-3 minutes, add remaining tomato paste and cook for further 3-4 minutes stirring.



### 3. SIMMER THE SAUCE

Bring the heat on the pan up to medium-high. Add **500ml water** to the pan with stock. Return meatballs to pan, season with **salt and pepper**. Simmer semi-covered for 8-10 minutes.



### 4. MAKE THE NOODLES

Boil the kettle. Ribbon or julienne zucchinis and carrots into noodles using a julienne peeler/spiralizer or vegetable peeler. Pour boiling water over to heat through then drain.



### 5. FINISH AND PLATE

Evenly divide noodles among bowls. Spoon over even amounts of sauce and meatballs. Garnish with cashew parmesan.

**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)

