



Beef Meatballs and Melted Mozzarella

with baby spinach and roast potatoes

40 – 45 mins

5



Beef Mince



Chopped Tomato
with Onion & Garlic



Potatoes



Baby Spinach



Mozzarella



Breadcrumbs



Mustard



Worcester Sauce

Pantry Items: Sugar, Oil, Salt, Pepper, Butter, Water



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2024-W43

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, oven dish

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Potatoes	600 g	1200 g
Baby Spinach	60 g	120 g
Mozzarella	125 g	250 g
Breadcrumbs	1 pack	1 pack
Mustard	½ sachet	1 sachet
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	729.8 g	100 g
Energy (kJ/kcal)	3410 kJ/ 815 kcal	467.2 kJ/ 111.7 kcal
Fat (g)	32.7 g	4.5 g
Sat. Fat (g)	17.3 g	2.4 g
Carbohydrate (g)	80.1 g	11 g
Sugars (g)	17.2 g	2.4 g
Protein (g)	45.7 g	6.3 g
Salt (g)	3.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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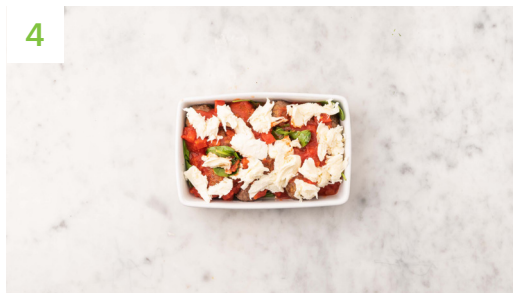


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Prep the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pop the **potatoes** onto a large (lined) baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**.
- Spread out in a single layer (leaving room for the meatballs) then set the tray aside.



Mix in the Meatballs

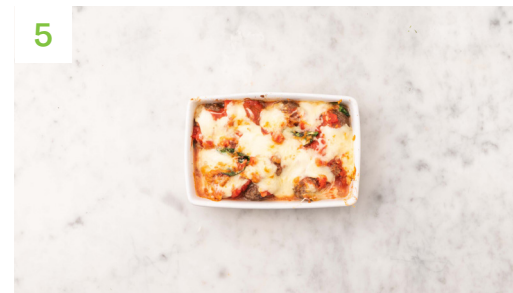
- When the **potatoes** and meatballs have been cooking for 15 mins, remove the meatballs from the oven (leaving the **potatoes** to cook).
- Add the meatballs to an oven dish.
- Stir in the simmered **spinach** sauce.
- Drain then roughly tear the **mozzarella**.
- Scatter the **mozzarella** evenly over the top.



Make Your Meatballs

- Add the **beef mince**, **breadcrumbs**, **half** a mustard sachet (per 2P) and **Worcester sauce** to a large bowl.
- Season with **salt** and **pepper** then mix everything together by hand.
- Once combined, form into evenly-sized meatballs, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- When the oven is hot, cook the **potatoes** and **beef** meatballs together for 15 mins.

TIP: Use two baking trays if necessary.



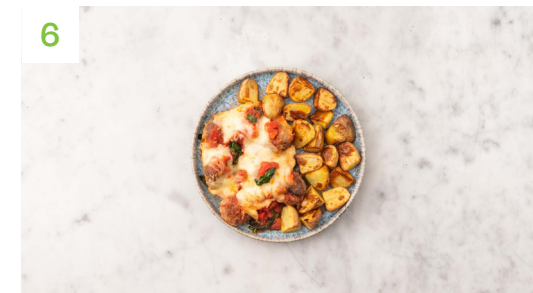
Melt the Mozzarella

- Place the oven dish below the **potatoes** in the oven.
- Bake everything until the **mozzarella** has melted and the **potatoes** are golden, 10-15 mins. **IMPORTANT:** Mince is cooked when no longer pink in the middle.



Simmer the Sauce

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chopped tomatoes**, 1 tsp **sugar** (per 2P) and 50ml **water** (per 2P).
- Simmer until slightly thickened, 5-7 mins.
- Stir in the **spinach** and cook until wilted and warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter**.



Finish and Serve

- Divide the **mozzarella meatballs** between plates.
- Serve with the crispy **potatoes** alongside.

Enjoy!