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Wagyu Meatballs with Prep'd tomato sugo and fresh Fettuccine Pasta

Premium wagyu beef meatballs, seasoned with Prep'd Italian herb mix and cooked in a rich vegetable sugo. Served with locally made fresh fettuccine, topped with parsley and parmesan alongside blanched broccolini.

Prep'd and packed for you
Parmesan Cheese (block and grated)
carrot
Zucchini
Black angus minced beef
Prep'd Italian herb mix
onion
crushed garlic
Prep'd Italian Sugo
Fresh Fettucini pasta
Fresh parsley sprigs
Broccolini

Prep and cook time	40mins
Calories per serve	600

What you will need from your kitchen

- Large frypan
- Large & small pot of boiling water
- large mixing bowl
- Strainer to drain pasta
- Knife & chopping board
- Vegetable peeler and grater
- 2-3 tablespoons olive oil

Did you know?

The Italian term 'Al Dente' translates as 'to the tooth' and describes pasta that is slightly firm to bite, not too soggy or soft. Test your pasta regularly towards the end of cooking by removing a strand and taking a bite.

Recipe #16



Prep

Place large pot of salted water on stove top to boil, for Pasta, and boil a small pot of water for broccolini. wash vegetables.

Cook

1. ***Finely chop the onion and place half in a large bowl, setting the other half aside. **Grate the carrot and add to a the bowl. ***Grate zucchini and set aside, to be added to the pasta sauce. Roughly chop parsley and set aside.**
2. **Add the mince, egg, grated parmesan and Italian herb mix to the bowl with the onion and carrot.**
3. **Combine the mince and vegetables well, using a wooden spoon or clean hands, and form the mix into golf ball sized meatballs, setting them aside on a plate or chopping board as you go. Wetting your hands slightly will help with handling the mince.**
4. **Heat 2 tbs olive oil in a large frypan over medium-high heat. Carefully add the meatballs, in 2 batches, to the pan, turning frequently until all sides are browned. Place cooked meatballs on a plate to rest. Due to the high natural fat content of Wagyu beef you may need to wipe the pan clean after cooking meatballs.**
5. **In the frypan heat 1 tbs of oil on med high. Add garlic and remaining onion, saute until transparent then add zucchini and cook for 2 minutes. Add Prep'd sugo, season with salt and pepper to taste and bring to a simmer.**
6. **Carefully add all the meatballs back to the pan and turn to coat in sugo. Continue to simmer for 10 minutes. Turn the meatballs every few minutes, whilst simmering, to ensure even cooking.**
7. **Place the fettucini into rapidly boiling salted water and cook for 5 minutes or until al dente. Drain over sink. Turn off the heat to the meatballs.**
8. **Meanwhile blanch the broccolini in the small pot of rapidly boiling water for 2 minutes - until broccolini has turned a bright green and slightly softened. Remove from water and set aside.**

Serve

Serve drained pasta topped with meatballs and sugo and sprinkled with chopped parsley and additional parmesan (grated or shaved with a vegetable peeler), with broccolini on the side.

For the kids

Make the meatballs smaller for little mouths. remember to adjust the cooking time accordingly.

Using a Thermomix..

There is no need to wash your Thermomix bowl between steps.

* place halved onion in the Thermomix bowl and chop 3 seconds / speed 4. Place half in a large mixing bowl and set other half aside for the sauce

** Place roughly chopped (2-3cm chunks) peeled carrots into Thermomix and grate 5 seconds / speed 7. Add carrot to the bowl with the onion.

*** Place roughly chopped (3cm chunks) zucchini into the bowl and grate 4 seconds / speed 4. Set aside for sauce.