



UCOOK

Chipotle Beef Meatballs & Spaghetti

with mozzarella cheese & spring onion

This fuss-free meal should be a well-worn page in any Chef's cookbook. Strings of al dente spaghetti are covered in a chipotle chilli-infused UCOOK Napoletana Sauce and browned beef meatballs. Garnished with grated cheese, fresh parsley & spring onion greens.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Strandveld | First Sighting Syrah

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Ingredients & Prep

100g	Spaghetti
4	Beef Meatballs
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
1 unit	UCOOK Napoletana Sauce
10g	Chipotle Chillies In Adobo <i>roughly chop</i>
30g	Grated Mozzarella Cheese
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	Spring Onion <i>rinse, trim & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)

1. OFF WE GO! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. MAKE THE MEATBALLS While the pasta is cooking, place a pot over medium heat with a drizzle of oil. When hot, fry the meatballs until browned, 1-2 minutes. Add the pepper strips and fry until lightly charred but still crunchy, 1-2 minutes (shifting occasionally). Add the Napoletana sauce, the chopped chipotle chillies (to taste), and seasoning. Cover and simmer until warmed through, 4-5 minutes. Remove from the heat.

3. FEAST ON THE FLAVOURBOMS Bowl up the spaghetti and smother in the chipotle beef meatballs & sauce. Sprinkle over the grated cheese. Garnish with the chopped parsley and the sliced spring onion.

Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	7g
Carbs	13g
of which sugars	3g
Fibre	1.5g
Fat	5.5g
of which saturated	2.2g
Sodium	130mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
2 Days