



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Quick & Easy

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## Ingredients & Prep

300g	Spaghetti
12	Beef Meatballs
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
3 units	UCOOK Napoletana Sauce
30g	Chipotle Chillies In Adobo <i>roughly chop</i>
90g	Grated Mozzarella Cheese
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
2	Spring Onions <i>rinse, trim &amp; 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, 2-3 minutes (shifting occasionally). Add the Napoletana sauce, the chopped chipotle chillies (to taste), and seasoning. Cover and simmer until warmed through, 5-6 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