

QCOOK

Chipotle Beef Meatballs & Spaghetti

with bell pepper & fresh chives

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	543kJ	4472kJ
Energy	130kcal	1070kcal
Protein	7.1g	58.2g
Carbs	12g	102g
of which sugars	2.5g	20.6g
Fibre	1.4g	11.4g
Fat	5.4g	44.9g
of which saturated	2.1g	17.2g
Sodium	43mg	351mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Spaghetti
12	16	Beef Meatballs
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
300ml	400ml	Tomato Passata
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
90ml	125ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. AN ITALIAN STAPLE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. MMMEATBALLS While the pasta is cooking, place a pot over medium heat with a drizzle of oil. When hot, fry the meatballs until cooked through, 8-10 minutes. Remove from the pan and set aside.

3. PASTA SAUCE Add the onion and peppers and fry until lightly charred but still crunchy, 1-2 minutes (shifting occasionally). Add the passata, 450ml [600ml] of water, the chipotle chillies (to taste), a sweetener (to taste), and seasoning. Cover and simmer until reduced and thickening, 12-15 minutes. In the final 2-3 minutes, return the meatballs to the pan to heat through. Loosen with the reserved pasta water if too thick and remove from the heat.

4. GARNISH & GRAB A PLATE Bowl up the spaghetti and smother in the chipotle beef meatballs and sauce. Sprinkle over the hard cheese and garnish with the chives.