

for the
little ones

SauSage MeatBall Pasta

Mini beef sausage 'meatballs' cooked in a tomato sauce with mushrooms and hidden zucchini, tossed with pasta.



30 Minutes



Beef



4/6 Servings

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FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	1 packet
BEEF CHIPOLATAS	600g	600g + 300g
BROWN ONION	1	1
MUSHROOMS	300g	300g + 150g
ZUCCHINI	1	1
TOMATO SUGO	1 jar	1 jar
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, dried oregano, soy sauce

COOKING TOOLS

large saucepan, large frypan

You can add celery, carrot, capsicum or olives to bulk out the sauce with extra veggies!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. COOK the Pasta

Bring a saucepan of water to a boil. Add **pasta** to boiling water and cook according to packet instructions. Drain and set aside.

tip Stir occasionally to ensure the pasta doesn't stick together.



2. BROWN the Sausages

Heat a large pan over medium-high heat with **oil**. Using scissors, cut **sausages** straight into pan to form mini 'sausage meatballs'. Cook for 3-5 minutes until browned. Set aside.

tip Cook the sausages whole if you prefer and serve with a side of pasta.



3. COOK the Vegetables

Dice **onion** and slice **mushrooms**. Add to pan as you go. Season with **1 tbsp paprika, 1 tsp oregano and 1 tbsp soy sauce**. Finely grate and add **zucchini**.

6P – use 2 tsp oregano & 1 1/2 tbsp soy.

tip You can peel and use the fine grater for the zucchini to further hide it!



4. SIMMER the Sauce

Pour in **tomato sugo** and **1 jar water**. Return **sausages** to pan. Simmer for 8-10 minutes until cooked through.



5. TOSS the Pasta

Toss cooked **pasta** into pan until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Chop **parsley** and use to garnish **pasta**. Serve at the table.

tip Serve with a side of greens, garlic bread or a fresh salad if you prefer!