



FUSILLI WITH BEEF MEATBALLS

in a Tuscan Mushroom Sauce



HELLO NUTMEG
 We add a pinch to our sauce to add extra depth.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 920



Button Mushrooms



Ground Beef



Fusilli Pasta
(Contains: Wheat)



Beef Stock Concentrate



Parmesan Cheese
(Contains: Milk)



Scallions



Tuscan Heat Spice



Flour
(Contains: Wheat)



Nutmeg

START STRONG

No need to run your shrooms under the faucet! Instead, clean your mushrooms with a damp paper towel to ensure they get nice and browned when they hit the pan in Step 4.

BUST OUT

- Large pot
- Large pan
- Medium bowl
- Paper towels
- Olive oil (4 tsp | 8 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Strainer

INGREDIENTS

Ingredient 2-person | 4-person

- Button Mushrooms 4 oz | 8 oz
- Scallions 2 | 4
- Ground Beef 10 oz | 20 oz
- Tuscan Heat Spice  1 TBSP | 2 TBSP
- Fusilli Pasta 6 oz | 12 oz
- Flour 1 TBSP | 2 TBSP
- Beef Stock Concentrate 1 | 2
- Nutmeg 1 tsp | 1 tsp
- Parmesan Cheese ¼ Cup | ½ Cup

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Bring a large pot of salted water to a boil. Trim and quarter **mushrooms**, cutting any large pieces into smaller ones. Trim, then thinly slice **scallions**, separating greens and whites. Heat a large drizzle of **olive oil** in a large pan over medium-high heat.



4 COOK MUSHROOMS

Heat a large drizzle of **olive oil** in pan used for meatballs over medium-high heat, then add **mushrooms** and remaining **Tuscan Heat Spice**. Season with **salt** and **pepper**. Cook until browned and crisp, 6-8 minutes. Remove from pan and set aside. Wipe out any excess oil in pan.



2 MAKE MEATBALLS

In a medium bowl, combine **beef**, **scallion whites**, and half the **Tuscan Heat Spice**. Season with **salt** and **pepper**. Shape into 8-10 meatballs. Add to pan and cook, turning occasionally, until browned and desired doneness is reached, 5-7 minutes. Remove from pan and set aside on a paper-towel-lined plate.



5 MAKE SAUCE

Lower heat under pan to medium and add **1 TBSP butter**. Once melted, add **flour** and stir to combine. Cook 1-2 minutes. Stir in **stock concentrate** and **¼ cup pasta water**. Season with a pinch of **nutmeg** (between ⅛ and ¼ tsp—use the rest as you like), **salt**, and **pepper**. Whisk to combine and simmer until thickened, 3-6 minutes.



3 COOK PASTA

Once water boils, add **fusilli** to pot. Cook until al dente, 9-12 minutes. Scoop out and reserve **½ cup pasta cooking water**, then drain well. Return pasta to pot along with **1 TBSP butter** and toss to melt. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Gently stir **fusilli**, **meatballs**, and **mushrooms** into pan. If sauce seems dry, add more **pasta water** 1-2 TBSP at a time until pasta is coated in a loose sauce. Season with **salt** and **pepper**. Divide between plates. Sprinkle with **Parmesan** and **scallion greens**.

BESTOVERS!

Sprinkle your leftover nutmeg in coffee or hot chocolate!

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