

# Spaghetti and meatballs

Feeds 4

Cost £1.40



2 x tinned meatballs in tomato sauce 395g  
1 x supermarket Spaghetti 500g

## Cooker Method

1. Boil water in a large pot.  
Break the spaghetti in half and put in pot.  
Make sure the spaghetti is covered by the water.
2. OPTIONAL Add a pinch or 2 of salt.
3. Stir the spaghetti occasionally.
4. Cook for recommended time on the pack usually 7 to 8 minutes.
5. Meanwhile, empty the meatballs into a pot and follow the heating instructions on the tin.
6. Check the spaghetti is cooked.
7. Cook for another couple of minutes if it's not soft enough.
8. Drain the spaghetti.
9. Pour the meatballs and sauce onto the spaghetti.
10. Stir and serve!

## Microwave Method

1. Boil the kettle for the spaghetti. Break the spaghetti into thirds and put in a microwavable bowl.  
Pour over boiling water until just covered and stir well.
2. Put into microwave and cook on full power for 4 minutes.
3. Remove the bowl and stir the spaghetti.
4. Cover (a plate will do), return to the microwave and cook on full power for another 4 minutes.
5. Take the bowl out of the microwave and leave to stand for 2 minutes.
6. Meanwhile, empty the meatballs into a microwavable bowl and follow the heating instructions on the tin.
7. Cook for another couple of minutes if it's not soft enough.
8. Drain the spaghetti.
9. Pour the meatballs and sauce onto the spaghetti.
10. Stir and serve!

Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

### ***After you've tried it -- How did you like it?***

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.



# Spaghetti and meatballs

Feeds 4

Cost £1.40



2 x tinned meatballs in tomato sauce 395g  
1 x supermarket Spaghetti 500g

## Cooker Method

1. Boil water in a large pot.  
Break the spaghetti in half and put in pot.  
Make sure the spaghetti is covered by the water.
2. OPTIONAL Add a pinch or 2 of salt.
3. Stir the spaghetti occasionally.
4. Cook for recommended time on the pack usually 7 to 8 minutes.
5. Meanwhile, empty the meatballs into a pot and follow the heating instructions on the tin.
6. Check the spaghetti is cooked.
7. Cook for another couple of minutes if it's not soft enough.
8. Drain the spaghetti.
9. Pour the meatballs and sauce onto the spaghetti.
10. Stir and serve!

## Microwave Method

1. Boil the kettle for the spaghetti. Break the spaghetti into thirds and put in a microwavable bowl.  
Pour over boiling water until just covered and stir well.
2. Put into microwave and cook on full power for 4 minutes.
3. Remove the bowl and stir the spaghetti.
4. Cover (a plate will do), return to the microwave and cook on full power for another 4 minutes.
5. Take the bowl out of the microwave and leave to stand for 2 minutes.
6. Meanwhile, empty the meatballs into a microwavable bowl and follow the heating instructions on the tin.
7. Cook for another couple of minutes if it's not soft enough.
8. Drain the spaghetti.
9. Pour the meatballs and sauce onto the spaghetti.
10. Stir and serve!

Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

### ***After you've tried it -- How did you like it?***

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.

