



Cooking Made Easy

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Summertime Swingball Meatballs with Smoked Tomato Linguine

When we were kids a skipping rope and a hula hoop constituted a pretty good evening's entertainment*. As the years went by a swingball set appeared in the garden and then it wasn't long before our humble Frisbee became a long range Aerobie. Whatever your summertime pleasure, we put this little number together with speed and ease in mind, so you've got more time for the fun stuff.

*OK, maybe we're not that old. Though Head Chef Patrick might be. Shhhhhhhh.



Onion



Carrot



Celery



Flat Leaf Parsley



Pork & Oregano Sausage



Organic Chopped Tomatoes



Smoked Paprika



Bay Leaf




Linguine




Parmesan

Ingredients

	2P	4P
Onion, diced	-	1 cup
Carrot, diced	-	2/3 cup
Celery, diced 1	-	2 sticks
Flat Leaf Parsley, chopped	-	4 tbsp
Pork & Oregano Sausage 2	-	450g
Organic Chopped Tomatoes	-	2 tins
Smoked Paprika	-	1 tsp
Bay Leaf	-	2
Linguine 3	-	440g
Parmesan, grated 4	-	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Celery | **2)** Sulphites
3) Gluten | **4)** Milk

Nutrition per serving: Calories: 864 kcal | Protein: 36 g | Carbs: 107 g | Fat: 31 g | Saturated Fat: 11 g



1 Boil a large pot of water with 1/2 tsp of salt. Peel and finely dice both the onion and the carrot. Slice the celery stick lengthways into six lengths and then finely dice. Finely chop the parsley.



2 Heat 1 tbsp of olive oil in a non-stick pan on medium heat. Once hot add in the onion, carrot and celery. Gently cook for around 5 mins until soft. **Tip:** *If the veggies start to brown off add a tbsp of water and turn the heat down.*



3 Cut the sausages open and squeeze the meat out into a bowl. Discard the sausage skins.



4 Rub a tiny drop of olive oil onto a plate and fill a mug with warm water. **LH:** *Wet your fingers and roll the sausage meat, 1 tsp at a time, into little balls. Line the balls up on your plate like little ranks of sausage soldiers.* **Tip:** *Wetting your fingers stops the meat sticking to them.*

5 Once the veggies have softened up add in your tinned tomatoes. Refill the can a fifth with water and swirl it around then tip this into the sauce as well. Add in 1/4

tsp salt, 1/2 tsp sugar (if you have some), 1/2 tsp smoked paprika and the bay leaf. Cook on medium heat until the sauce thickens.

6 In a separate pan (to save time) heat another tbsp of olive oil on medium-high heat. Once hot, gently add in your sausage meatballs for about 8 mins. Brown the meatballs off on all sides then drain off the fat and add the meatballs to your sauce. **Tip:** *Do not overcrowd the pan as you will end up stewing rather than browning the meatballs.*

7 While your sauce thickens up, cook your pasta in the boiling water. The pasta should be cooked for around 10 mins, or until 'al dente'. **Tip:** *'Al dente' means the pasta is cooked through but has a hint of firmness left in the middle.* Drain the pasta.

8 Once the sauce has thickened up, stir in the finely chopped parsley. Tip the pasta into the pan and toss everything together. **Tip:** *Gently stir with a wooden spoon if tossing risks messing up the kitchen!* **LH:** *Scatter over the grated Parmesan and get stuck in!*