



Herby Meatballs and Linguine with Red Wine Sauce and Cheese

Family 25-30 Minutes • 2 of your 5 a day

2



Garlic Clove



Panko Breadcrumbs



Roasted Spice
and Herb Blend



Beef Mince



Linguine



Finely Chopped
Tomatoes with Basil



Red Wine
Stock Paste



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you choose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, bowl, baking tray, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Panko Breadcrumbs 13)	10g	15g	25g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Linguine 13)	180g	270g	360g
Finely Chopped Tomatoes with Basil	1 carton	2 cartons	2 cartons
Red Wine Stock Paste 14)	28g	42g	56g
Sun-Dried Tomato Paste	25g	38g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	469g	100g	514g	100g
Energy (kJ/kcal)	3662/875	780/186	4150/992	807/193
Fat (g)	34.5	7.4	43.6	8.5
Sat. Fat (g)	16.1	3.4	19.0	3.7
Carbohydrate (g)	95.2	20.3	96.1	18.7
Sugars (g)	19.6	4.2	19.7	3.8
Protein (g)	46.1	9.8	53.8	10.5
Salt (g)	5.64	1.2	6.87	1.34

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Garlic Time

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **linguine**.

Peel and grate the **garlic** (or use a garlic press).



Make the Meatballs

In a large bowl, combine the **breadcrumbs**, **roasted spice and herb blend**, **half the garlic**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.
IMPORTANT: Wash your hands and equipment after handling raw mince.



Cook the Pasta

Pop the **meatballs** onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins.
IMPORTANT: The meatballs are cooked when no longer pink in the middle.

Meanwhile, when your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Cook the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the remaining **garlic** and cook for 30 secs.

Add the **chopped tomatoes**, **red wine stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine, then lower the heat and simmer until the **sauce** has thickened, 5-6 mins.



Combine and Stir

When everything's ready, add the **cooked meatballs** and **linguine** to the **sauce** and toss to coat, 1-2 mins.

Stir through the **hard Italian style cheese** and **butter** (see pantry for amount) until melted. Taste and season with **salt** and **pepper** if needed.



Serve

Share the **meatball linguine** between your bowls.

Enjoy!

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.