



# Herby Meatballs and Linguine

with Red Wine Sauce and Cheese

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

2



Garlic Clove



Breadcrumbs



Roasted Spice and Herb Blend



Beef Mince



Linguine



Finely Chopped Tomatoes with Onion and Garlic



Red Wine Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

## 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
Breadcrumbs <b>13)</b>	10g	15g	25g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Linguine <b>13)</b>	180g	270g	360g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
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	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>534g</b>	<b>100g</b>
Energy (kJ/kcal)	3663/875	686/164
Fat (g)	34.4	6.4
Sat. Fat (g)	16.1	3.0
Carbohydrate (g)	94.6	17.7
Sugars (g)	20.3	3.8
Protein (g)	46.2	8.6
Salt (g)	5.69	1.06

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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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).

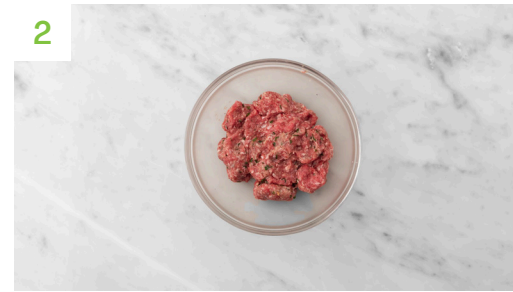


## Bring on the Sauce

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.



## 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 even-sized balls, 5 per person.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Combine and Stir

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

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



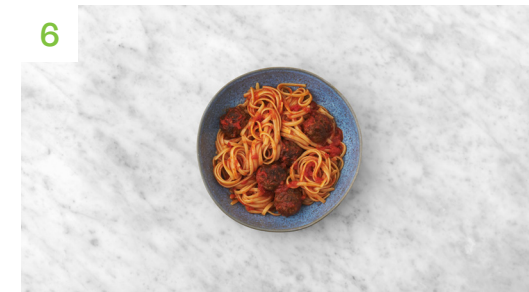
## Cook the Pasta

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.



## Serve Up

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

## Enjoy!