



Herby Meatballs and Linguine with Balsamic Dressed Pea Shoot Salad

Family 35-40 Minutes • Mild Spice • 2 of your 5 a day

2



Red Chilli



Garlic Clove



Panko Breadcrumbs



Mixed Herbs



Beef Mince



Beef Stock Paste



Finely Chopped Tomatoes



Linguine



Grated Hard Italian Style Cheese



Pea Shoots



Balsamic Glaze



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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, frying pan, lid and colander.

Ingredients

Ingredients	2P	3P	4P
Red Chilli**	½	¾	1
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	25g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Linguine 13)	180g	270g	360g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Pea Shoots**	40g	60g	80g
Balsamic Glaze 14)	12ml	18ml	24ml
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	476g	100g	521g	100g
Energy (kJ/kcal)	3297 / 788	692 / 165	3785 / 904	725 / 174
Fat (g)	27.7	5.8	36.9	7.1
Sat. Fat (g)	12.7	2.7	15.6	3.0
Carbohydrate (g)	84.7	17.8	85.6	16.4
Sugars (g)	16.5	3.5	16.5	3.2
Protein (g)	49.5	10.4	57.2	11.0
Salt (g)	3.23	0.68	4.46	0.86

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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Start the Prep

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**.

Halve the **chilli** lengthways, deseed, then finely chop. Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

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.



Make the Meatballs

In a large bowl, combine the **breadcrumbs, mixed herbs** and **half** the **garlic** with the **water** and **salt 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.

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



Combine and Stir

When everything is ready, pop the **sauce** back on medium heat to warm through, then stir in the **cooked meatballs** and **linguine**.

Stir **half** the **grated hard Italian style cheese** through the **linguine**, then taste and season with **salt** and **pepper** if needed.



Simmer the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the remaining **garlic** and stir-fry until fragrant, 1 min.

Stir in the **beef stock paste, chopped tomatoes, sugar** and **water for the sauce** (see pantry for both amounts). Cover with a lid or foil and simmer until the **sauce** has thickened, 6-7 mins. Remove from the heat.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, heat the frying pan without any oil. Once hot, stir-fry the **lardons** 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.



Serve

Share the **meatball linguine** between your bowls and sprinkle over the **red chilli** (add less if you'd prefer things milder) and remaining **cheese**.

Serve the **pea shoots** alongside and drizzle over the **balsamic glaze** to finish.

Enjoy!