

Herby Meatballs and Linguine

with Balsamic Dressed Pea Shoot Salad

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









Garlic Clove





Panko Breadcrumbs





Beef Stock Paste

Mixed Herbs



Finely Chopped





Pea Shoots





Balsamic Glaze



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**	1/2	3/4	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*	1/4 tsp	½ tsp	½ tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
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^{*}Not Included **Store in the Fridge

Nutrition

			Custom Recipe	
Typical Values	Per	Per	Per	Per
	serving	100g	serving	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

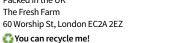
Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

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 1/2 tsp salt for the linguine.

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



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.



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.



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.



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.



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!