



Herby Meatballs and Linguine with Balsamic Dressed Pea Shoot Salad

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

2



Linguine



Red Chilli



Garlic Clove



Panko Breadcrumbs



Italian Style Herbs



Beef Mince



Beef Stock Paste



Finely Chopped Tomatoes with Basil



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, colander, aluminum foil, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Red Chilli**	½	¾	1
Garlic Clove**	2	3	4
Panko Breadcrumbs 13)	10g	15g	25g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Pea Shoots**	40g	60g	80g
Balsamic Glaze 14)	1 sachet	1½ sachets	2 sachets
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Breadcrumbs*	½ tsp	½ tsp	½ tsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	3287/786	691/165
Fat (g)	26.0	5.5
Sat. Fat (g)	12.4	2.6
Carbohydrate (g)	86.1	18.1
Sugars (g)	17.8	3.7
Protein (g)	48.8	10.3
Salt (g)	4.26	0.90

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	3775/902	725/173
Fat (g)	35.2	6.8
Sat. Fat (g)	15.3	2.9
Carbohydrate (g)	87.0	16.7
Sugars (g)	17.8	3.4
Protein (g)	56.5	10.9
Salt (g)	5.48	1.05

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).



Make the Meatballs

In a large bowl, combine the **breadcrumbs**, **Italian style 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.

Pop the **meatballs** onto a large baking tray. Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw mince. The meatballs are cooked when no longer pink in the middle.



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**.

Sprinkle in **half the grated hard Italian style cheese**. Toss to coat and combine, 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 fry for 1 min.

Stir in the **beef stock paste**, **finely chopped tomatoes**, **water** and **sugar for the sauce** (see pantry for both amounts), then 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, add them to the pan before the **garlic**.

Fry until golden, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Serve

Share the **meatball linguine** between your bowls and sprinkle over the **red chilli** (careful, it's hot - 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!