



Ultimate Meatball and Pasta al Forno

with Parmigiano Reggiano, Garlic Bread and Baby Leaf Salad

Ultimate 35-40 Minutes • 1 of your 5 a day

35



Garlic Clove



Panko Breadcrumbs



Beef Mince



Penne Pasta



Tomato Passata



Red Wine Jus Paste



Mixed Herbs



Mature Cheddar Cheese



Ciabatta



Parmigiano Reggiano



Premium Baby Leaf Mix



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, grater and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Panko Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Penne Pasta 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10) 14)	15g	22g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	30g	40g	60g
Ciabatta 13)	1	1½	2
Parmigiano Reggiano** 7)	40g	60g	80g
Premium Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14)	12ml	24ml	24ml
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsps	3 tbsps	4 tbsps
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4087 /977	899 /215
Fat (g)	38.2	8.4
Sat. Fat (g)	16.9	3.7
Carbohydrate (g)	104.1	22.9
Sugars (g)	13.8	3.0
Protein (g)	55.9	12.3
Salt (g)	3.35	0.74

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

Allergens

7) Milk **10)** Celery **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.

Contact

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1



Get Prepped

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

In a large bowl, combine a **third** of the **garlic**, the **breadcrumbs**, **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.

4



Mix the Pasta

Once the **meatballs** and **pasta** are cooked, stir them into the **sauce** along with the **Parmigiano Reggiano**.

Taste and season with **salt** and **pepper** if needed.

Add a splash of **water** if it's a little too thick, then transfer to an ovenproof dish.

Top with the **cheese**.

2



Bake the Meatballs

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 **penne** and bring back to the boil. Cook until tender, 12 mins.

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

5



Time to Bake

Pop the **pasta bake** on the top shelf of your oven and bake until golden, 10-12 mins.

Meanwhile, wash up the (now empty) baking tray. Pop the **garlic bread** onto it and set aside.

When 4 mins of baking time remain, bake the **garlic bread** on the middle shelf until golden, 3-4 mins.

3



Sauce Things Up

While the **pasta** cooks, pop another large saucepan on medium-high heat with the **passata**, **red wine jus paste** and **mixed herbs**.

Stir in the **sugar** and **water for the sauce** (see pantry for both amounts) and **half** the remaining **garlic**. Simmer for 5-6 mins.

Meanwhile, grate the **cheese**.

Halve the **ciabatta** and spread over the remaining **garlic**. Drizzle with the **olive oil for the garlic bread** (see pantry for amount).

6



Finish and Serve

When everything's ready, pop the **salad** into a bowl with a drizzle of **oil** and toss together.

Share your **ultimate meatball and pasta al forno** between your plates. Add a handful of **salad** and drizzle over the **balsamic glaze**.

Serve with the **garlic bread** alongside.

Enjoy!