






More Than Food
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Swingball Meatballs with Smoked Tomato Linguine

When we were kids a skipping rope and a hula hoop constituted a pretty good evening's entertainment*. As the years went by a swingball set appeared in the garden and then it wasn't long before our humble Frisbee became a long range Aerobie. Whatever your summertime pleasure, we put this little number together with speed and ease in mind, so you've got more time for the fun stuff.

*OK, maybe we're not that old. Though Head Chef Patrick might be. Shhhhhhhh.



35 mins



family box



Onion (1)



Carrot (2)



Celery Stick (2)



Flat Leaf Parsley
(4 tbsp)



Pork & Oregano
Sausage (1)



Organic Chopped
Tomatoes (2 tins)



Smoked Paprika (1 tsp)



Bay Leaf (2)



Linguine (400g)




Dried Thyme (1 tbsp)



Parmesan (4 tbsp)

Ingredients

| | 4 PEOPLE | ALLERGENS |
|----------------------------|----------|-----------|
| Onion, chopped | 1 | |
| Carrot, chopped | 2 | |
| Celery Stick, chopped | 2 | Celery |
| Flat Leaf Parsley, chopped | 4 tbsp | |
| Pork & Oregano Sausage | 1 | Sulphites |
| Organic Chopped Tomatoes | 2 tins | |
| Smoked Paprika | 1 tsp | |
| Bay Leaf | 2 | |
| Linguine | 400g | Gluten |
| Dried Thyme | 1 tbsp | |
| Parmesan | 4 tbsp | Milk |

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Bay leaves, similar to oregano, marjoram and rosemary are hot weather herbs that grow in arid climates and so tend to have aromatic compounds, that are far less volatile than other herbs. This means they retain good flavour even after drying.

Nutrition per serving: Calories: 858 kcal | Protein: 50 g | Carbs: 96 g | Fat: 29 g | Saturated Fat: 10 g



1 Boil a large pot of water with $\frac{1}{2}$ tsp of **salt**. Peel and finely chop both the **onion** and the **carrots**. Slice the **celery** lengthways into six lengths and then finely chop. Finely chop the **parsley**.



2 Heat 1 tbsp of **olive oil** in a non-stick frying pan on medium heat. Once hot add in the **onion**, **carrot** and **celery**. Gently cook for around 5 mins until soft. **Tip:** *If the veggies start to brown off add 1 tbsp of water and turn the heat down.*



3 Cut the **sausage** open and squeeze the meat out into a bowl. Discard the skin.



4 Rub a tiny drop of **olive oil** onto a plate and fill a mug with warm water. **LH:** *Wet your fingers and roll the sausage meat, 1 tsp at a time, into little balls. Line the balls up on your plate like little ranks of sausage soldiers.* **Tip:** *Wetting your fingers stops the meat sticking to them.*

5 Once the veggies are soft, add in the **tinned tomatoes**. Refill the can a fifth with water and swirl it around then tip this into the sauce as well. Add in $\frac{1}{2}$ tsp of **salt**, $\frac{1}{2}$ tsp of **sugar** (if you have some), the **smoked paprika** and the **bay leaves**. Cook on medium-low heat until the sauce thickens.

6 In a separate frying pan (to save time) heat 2 tbsp of **olive oil** on medium-high heat. Once hot, gently add in the sausage meatballs for about 8 mins. Brown the meatballs on all sides, then drain off the fat and add the meatballs to the sauce. **Tip:** *Do not overcrowd the pan as you will end up stewing rather than browning the meatballs.*

7 While the sauce thickens up, cook the **linguine** in the boiling water. The pasta should be cooked after about 6 mins, or until 'al dente'. **Tip:** *'Al dente' means the pasta is cooked through but has a hint of firmness left in the middle.* Drain the pasta.

8 Once the sauce has thickened up, stir in the finely chopped **parsley** and **dried thyme**. Tip the pasta into the pan and toss everything together. **Tip:** *Gently stir with a wooden spoon if tossing risks messing up the kitchen!* **LH:** *Grate over the Parmesan and get stuck in!*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!