



# Herby Meatballs and Lover's Linguine with Mushrooms, Red Wine Sauce and Cheese

Valentine's Special 25-30 Minutes • 1 of your 5 a day

38



Garlic Clove



Breadcrumbs



Mixed Herbs



British Beef Mince



Linguine



Sliced Mushrooms



Finely Chopped Tomatoes with Basil



Red Wine Stock Paste



Sun-Dried Tomato Paste



Baby Spinach



Grated Hard Italian Style Cheese

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Breadcrumbs <b>13)</b>	10g	15g	25g
Mixed Herbs	1 sachet	1 sachet	2 sachets
British Beef Mince**	240g	360g	480g
Linguine <b>13)</b>	180g	270g	360g
Sliced Mushrooms**	80g	120g	120g
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Sun-Dried Tomato Paste	25g	37g	50g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3488 /834	615 /147
Fat (g)	29.3	5.2
Sat. Fat (g)	14.3	2.5
Carbohydrate (g)	95.1	16.8
Sugars (g)	16.4	2.9
Protein (g)	45.8	8.1
Salt (g)	5.60	0.99

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Garlic Time

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**.

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



## Bring on the Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mushrooms**. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

Stir in the remaining **garlic** and cook for 30 secs.

Add the **chopped tomatoes**, **red wine stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine, then lower the heat and simmer until the **sauce** has thickened, 5-6 mins.



## Make the Meatballs

In a large bowl, combine the **breadcrumbs**, **mixed herbs**, **half the garlic**, **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.



## Combine and Stir

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

When everything's ready, add the **cooked meatballs** and **linguine** to the pan and toss to coat, 1-2 mins.

Stir through the **cheese** and **butter** (see pantry for amount) until melted. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.

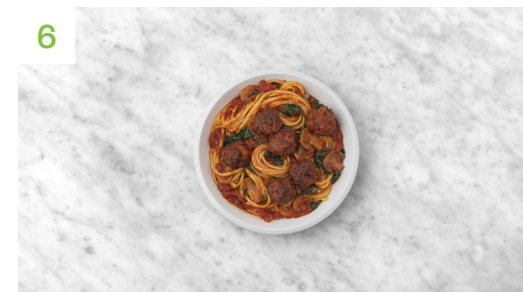


## Cook the Pasta

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 **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.



## Serve Up

Share the **meatball linguine** between your bowls.

## Enjoy!