

Herby Chicken Meatballs

with Tomato Ragu and Grilled Aubergine Salsa





The Greek name for aubergine is 'melitzana' which means 'apple of madness'!











Chicken Sausages



Ground Coriander



Red Wine Vinegar





Tomato Purée

Finely Chopped Tomatoes



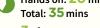
Chicken Stock Powder





Lemon

Hands on: 20 mins







Family Box

BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater (or Garlic Press), Frying Pan, Large Saucepan, some Baking Paper, a Baking Tray, some Foil, a Colander and Mixing Bowl. Now, let's get cooking!



PREP THE VEGGIES Halve, peel and finely chop the **red**



MAKE THE MEATBALLS Slice open the **sausage**, remove the **meat** and discard the skin. Shape into four evensized balls per person. Heat a splash of oil in a frying pan over medium heat and brown the meatballs, turning occasionally. This should take around 5 mins. Put a large saucepan of water with a pinch of salt on to boil for the pasta.



SIMMER THE RAGU When the meatballs are browned, add the red onion and ground coriander. Stir and cook until the onion has softened, 5 mins. Next, stir in the red wine vinegar and tomato purée. Cook until the vinegar has evaporated, around 1 minute. Then add the chopped tomatoes. Bring to a simmer and stir in the **stock powder** until it has dissolved. Simmer until the **ragu** has thickened and the

meatballs are cooked through, 15 mins.



FINISH AND SERVE Pop the **grilled aubergine** in a mixing bowl, add a squeeze of lemon juice and half the basil. Keep to one side. Taste the ragu and add salt and pepper if it needs it. Stir in the remaining basil. Share the pasta between your bowls and spoon the meatballs and ragu on top. Leave a well in the middle of the sauce and fill with the aubergine salsa. Enjoy!



INGREDIENTS

11/2

11/2

pot

11/2

cartons

1 pot

300g

1/2

2

2

1 large

pot

1 sachet

cartons

1 pot

400g

1

IUTRITION PER INCOOKED INGREDIENT	PER SERVING 683G	PER 100G
INCOOKED INGREDIENT	0030	1000
Energy (kcal)	679	99
(kJ)	2839	415
Fat (g)	13	2
Sat. Fat (g)	3	1
Carbohydrate (g)	94	14
Sugars (g)	20	3
Protein (g)	43	6
Salt (g)	1.66	0.24

carton

½ pot

200g

1/2

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

Finely Chopped

Fettuccine 7) 13)

Chicken Stock Powder

Tomatoes

Lemon

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

onion. Remove the stalk top from the aubergine then halve lengthways. Chop each half into four long strips then chop widthways

into roughly 1cm chunks. Pick the basil leaves from their stalks and roughly chop (discard the stalks). Preheat your grill to high.



GRILL THE AUBERGINE While the **ragu** is cooking, pop the aubergine chunks on a lined baking tray, drizzle over some oil and season with salt and black pepper. Grill the aubergine until golden, 10-15 mins. Turn halfway through cooking and then keep to one side covered in foil to keep warm.



Meanwhile, add the **fettuccine** to your pan of boiling water, stir and cook for 5 mins. Once done, drain in a colander and return to the pan off the heat. Season with salt and pepper and stir through a drizzle of oil to stop

COOK THE PASTA

the pasta sticking together.