



Herby Chicken Meatballs

with Tomato Ragu and Grilled Aubergine Salsa



HELLO AUBERGINE

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



Red Onion



Aubergine



Basil



Chicken Sausages



Ground Coriander



Red Wine Vinegar



Tomato Purée



Finely Chopped Tomatoes



Chicken Stock Powder



Fettuccine



Lemon

MEAL BAG
9

Hands on: **20** mins
Total: **35** mins

3 of your
5 a day

Family Box

BEFORE YOU START

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!



1 PREP THE VEGGIES

Halve, peel and finely chop the **red 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.



4 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.



2 MAKE THE MEATBALLS

Slice open the **sausage**, remove the **meat** and discard the skin. Shape into four even-sized 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.



5 COOK THE PASTA

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 the **pasta** sticking together.



3 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.



6 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	1	1½	2
Aubergine	1	1½	2
Basil	1 bunch	1 bunch	1 bunch
Chicken Sausages ¹⁴⁾	4	6	8
Ground Coriander	1 small pot	¾ large pot	1 large pot
Red Wine Vinegar	1 sachet	1½ sachets	2 sachets
Tomato Purée	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ pot	1 pot	1 pot
Fettuccine ^{7) 13)}	200g	300g	400g
Lemon	½	½	1

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING	PER 100G
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

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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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