



Lamb Linguine with Courgette

RAPID 20 Minutes • 1 of your 5 a day



Linguine



Lamb Mince



Italian Herbs



Courgette



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Pot



Grated Italian Style
Hard Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Sacuepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Linguine 13)	200g	300g	400g
Lamb Mince**	200g	300g	400g
Italian Herbs	½ pot	¾ pot	1 pot
Courgette**	1	1½	2
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Grated Italian Style Hard Cheese 7) 8)**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	550g	100g
Energy (kJ/kcal)	3266 / 781	594 / 142
Fat (g)	22	4
Sat. Fat (g)	9	2
Carbohydrate (g)	98	18
Sugars (g)	24	4
Protein (g)	44	8
Salt (g)	4.26	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **13**) Gluten **14**) Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Pasta

- Fill and boil your kettle.
- Pour the boiling **water** from your kettle and ½ tsp of **salt** into a large saucepan and bring back to the boil.
- Once boiling, add the **linguine** (see ingredient list for amount) to the saucepan of boiling **water** and cook for 12 mins.

- When cooked, drain in a colander, return to the pan off the heat and drizzle with a little **oil** to stop it sticking together.



4. Simmer the Sauce

- Reduce the heat to medium and simmer until the **sauce** is thick and tomatoey, 5-6 mins. **TIP:** Add a splash of pasta water if it gets too thick.



2. Fry the Lamb

- Meanwhile, heat a large frying pan on high heat (no oil). When hot, add the **lamb**.
- Cook until browned, 3-4 mins. Break it up with a spoon as it cooks. **TIP:** Carefully pour away any excess fat if desired! **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.
- Sprinkle over the **Italian herbs** and cook, stirring, for another minute.
- Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



5. Finish Up

- Toss the drained **linguine** through the **sauce** along with **half** the **hard Italian style cheese** (if it's easier, transfer everything to the **pasta** saucepan to combine) and cook until piping hot.
- Taste and season with **salt** and **pepper** if needed.



3. Start the Sauce

- Add the **Worcester sauce** (see ingredient list for amount) to the **lamb** and allow to bubble away until evaporated.
- Stir in the **courgette**, **finely chopped tomatoes**, **red wine stock pot** and a pinch of **sugar** (if you have some), bring to the boil.



6. Serve

- Serve the **lamb linguine** in bowls finished with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!