



# Lamb Linguine with Courgette

**Rapid** 20 Minutes • 1 of your 5 a day

14



Linguine



Lamb Mince



Italian Herbs



Courgette



Worcester Sauce



Finely Chopped  
Tomatoes with  
Onion and Garlic



Red Wine Stock Paste



Grated Hard Italian  
Style Cheese

## Before you start

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

## Cooking tools, you will need:

Saucepan, Colander and Frying Pan.

## Ingredients

|  | 2P       | 3P         | 4P        |
|--|----------|------------|-----------|
| Linguine <b>13</b> )                                     | 200g     | 300g       | 400g      |
| Lamb Mince**   | 200g     | 300g       | 400g      |
| Italian Herbs  | ½ pot    | ¾ pot      | 1 pot     |
| Courgette**  | 1        | 1½         | 2         |
| Worcester Sauce <b>13</b> )                              | ½ sachet | ¾ sachet   | 1 sachet  |
| Finely Chopped Tomatoes with Onion and Garlic            | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Stock Paste <b>14</b> )                         | 1 sachet | 1½ sachets | 2 sachets |
| Grated Hard Italian Style Cheese <b>7</b> ) <b>8</b> )** | 1 pack   | 1½ packs   | 2 packs   |

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

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>545g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 3261 / 780  | 598 / 143   |
| Fat (g)                        | 20          | 4           |
| Sat. Fat (g)                   | 10          | 2           |
| Carbohydrate (g)               | 101         | 18          |
| Sugars (g)                     | 25          | 5           |
| Protein (g)                    | 45          | 8           |
| Salt (g)                       | 4.15        | 0.76        |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

The Fresh Farm

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## Cook the Pasta

- Fill and boil your kettle.
- Pour the boiling **water** 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 and cook for 12 mins.

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



## Simmer the Sauce

**a)** 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.



## 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, breaking it up with a wooden spoon. **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.



## 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.



## Start the Sauce

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



## Serve

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

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.