



Lamb Linguine

with Courgette and Cheese

Rapid 20 Minutes • 2 of your 5 a day

15



Linguine



Lamb Mince



Italian Style Herbs



Onion



Courgette



Garlic Clove



Worcester Sauce



Finely Chopped Tomatoes



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:

Kettle, Saucepan, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Linguine 13	180g	270g	360g
Lamb Mince**	200g	300g	400g
Italian Style Herbs	1 pot	1 pot	1 pot
Onion**	1	1	1
Courgette**	1	1½	2
Garlic Clove**	1	2	2
Worcester Sauce 13	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1½ sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	3062/732	509/122
Fat (g)	20	3
Sat. Fat (g)	10	2
Carbohydrate (g)	93	15
Sugars (g)	24	5
Protein (g)	41	7
Salt (g)	2.93	0.49

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

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Packed in the UK

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Cook the Pasta

- Fill and boil your kettle.
- Pour the **boiling water** from your kettle and **½ tsp salt** into a large saucepan and bring back to the boil.
- Once boiling, add the **linguine** to the saucepan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.
- When cooked, drain in a colander and return to the pan off the heat. Drizzle with a little **oil** to stop it sticking together.



Simmer the Sauce

- Reduce the heat to medium and simmer until the **sauce** is thick, 5-6 mins. **TIP:** Add a splash of *pasta water* if it gets too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Fry the Lamb

- Meanwhile, heat a large frying pan on high heat (no **oil**). When hot, add the **lamb**. **IMPORTANT:** Wash your hands after handling raw mince.
- Cook until browned, 3-4 mins. Break it up with a spoon as it cooks. Once browned, drain and discard any excess fat. Meanwhile, halve, peel and thinly slice the **onion**.
- Add the **onion**, stir and cook until softened, 3-4 mins. Sprinkle over the **Italian herbs** and add the **garlic**. Cook, stirring, for 1 min.
- 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** to the **lamb** and allow to bubble away until evaporated.
- Stir in the **courgette**, **finely chopped tomatoes**, **red wine stock paste** and **sugar** (see ingredients for amount), then bring to the boil.



Serve

- 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.