



Lamb Linguine with Courgette and Cheese

Rapid 20 Minutes • 2 of your 5 a day

15



Linguine



Courgette



Lamb Mince



Italian Style Herbs



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!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander and frying pan.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	3019 /722	562 /134
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	89	17
Sugars (g)	21	4
Protein (g)	42	8
Salt (g)	4.42	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Pasta

a) Fill and boil your kettle. Pour the **boiling water** from your kettle and $\frac{1}{2}$ **tsp salt** into a large saucepan and bring back to the boil.

b) Once boiling, add the **linguine** to the pan and bring back to the boil. Cook until tender, 12 mins.

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

d) Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



Simmer Away

a) Reduce the heat to medium and simmer until the **sauce** has thickened, 6-8 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

a) Heat a large frying pan on high heat (no oil). When hot, add the **lamb**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

b) Cook until browned, 3-4 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

c) Add the **courgette** and fry for 2-3 mins.

d) Sprinkle over the **Italian style herbs** and cook, stirring, for 1 min.



Finish Up

a) When thickened, toss the **cooked 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.

b) Taste and season with **salt** and **pepper** if needed.



Start the Sauce

a) Add the **Worcester sauce** to the **lamb** and allow it bubble away until evaporated.

b) Stir in the **finely chopped tomatoes**, **red wine stock paste** and a pinch of **sugar** (if you have some). Bring to the boil.



Serve

a) When ready, serve the **lamb linguine** in bowls finished with a sprinkle of the remaining **hard Italian style cheese**.

Enjoy!