

Plant-Based Meatball & Roasted Veg Linguine with Parsley



Classic 35 Minutes • 2.5 of your 5 a day • Veggie









Courgette







Flat Leaf Parsley



Vivera Veggie Meatballs



Finely Chopped Tomatoes with Basil



Tomato Purée



Linguine

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Saucepan, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P	
Aubergine**	1	2	2	
Courgette**	1	1	2	
Red Onion**	1	1	2	
Garlic Clove**	1 clove	2 cloves	2 cloves	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Vivera Veggie Meatballs 11) 13)**	1 pack	1½ packs	2 packs	
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons	
Tomato Purée	1 sachet	11/2 sachets	2 sachets	
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp	
Linguine 13)	200g	300g	400g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	752g	100g
Energy (kJ/kcal)	3042 /727	405 /97
Fat (g)	9	1
Sat. Fat (g)	1	1
Carbohydrate (g)	114	15
Sugars (g)	32	4
Protein (g)	39	5
Salt (g)	3.16	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

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.

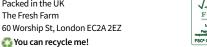
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Get Started!

Preheat your oven to 200°C. Trim the aubergine then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Pop the aubergine and courgette chunks onto a large baking tray, drizzle with oil and season with salt and pepper. Toss to coat then spread out in a single layer. TIP: Use two baking trays if you need to, you want the vegetables to be nicely spaced apart. Roast on the top shelf of your oven until golden brown and cooked through, 25-30 mins. Turn halfway through cooking.



Finish the Prep!

Bring a saucepan of water up to the boil with 0.5 tsp salt for the pasta. Halve, peel and chop the red onion into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the parsley (stalks and all).



Start the Sauce!

Heat a drizzle of oil in a large frying pan over mediumhigh heat. Once hot, add the Vivera plant-based meatballs and cook, turning occasionally, until browned all over, 3-4 mins. Transfer to a plate and set aside. Return the frying pan to medium-high heat with another drizzle of oil if needed and add the red onion. Cook, stirring occasionally until soft, 4-5 mins. Add the garlic and cook for another minute.



Simmer the Sauce

Add the chopped tomatoes and tomato purée to the frying pan and season with salt and pepper. Add the sugar (see ingredients for amount). Simmer until thick and tomatoey, 10-12 mins.



Cook the Pasta

Meanwhile, when the vegetables have around 12 mins left, add the **linguine** (see ingredients for amount) to the pan of boiling water and cook until tender, 12 mins. When the vegetables are cooked, stir them through the **tomato sauce** along with the browned meatballs, adding a splash of water if you need to. Bring to a simmer and cook until everything is piping hot. Taste and season with **salt** and **pepper**.



Finish Up!

Drain the **linguine** in a colander and add to the meatball sauce with half the parsley, stirring well so that everything is evenly mixed together. Divide between your bowls and top with the remaining parsley.

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.