



More Than Food  
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## Veggie Meatballs with Linguine and Salsa Pomodoro

These baked meatless meatballs are a veggie's dream - jam packed with protein, fibre and B vitamins, and so easy to make (no food processor in sight!). We have teamed them up with a rich pomodoro sauce and linguine. We think you'll love these versatile veggie meatballs so much you'll want to remake them and pop them in a wrap, stuff them in a pita or serve them with some couscous. Enjoy!

45 mins

3.5 of your 5 a day

mealkit

veggie



Baby Spinach (1 bag)



Black Beans (1 tin)



Flour (16g)



Panko Breadcrumbs (15g)



Hard Italian Cheese (80g)



Dried Oregano (1 tsp)



Red Onion (1)



Garlic Clove (2)



Provençal Herbs (1 tsp)



Tomato Passata (2 cartons)



Water (250ml)



Vegetable Stock Pot (½)



Linguine (200g)



Rocket (1 bag)




Basil (1 bunch)

## 2 PEOPLE INGREDIENTS

- Baby Spinach **1 bag**
- Black Beans **1 tin**
- Flour **16g**
- Panko Breadcrumbs **15g**
- Hard Italian Cheese **80g**
- Dried Oregano **1 tsp**
- Red Onion, sliced **1**
- Garlic Clove, grated **2**

- Provençal Herbs
- Tomato Passata
- Water
- Vegetable Stock Pot
- Linguine
- Rocket
- Basil, torn

- 1 tsp**
- 2 cartons**
- 250ml**
- ½**
- 200g**
- 1 bag**
- 1 bunch**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Black beans are also known as turtle beans (in reference to their black shiny appearance).

**Allergens:** Milk, Gluten, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	714 kcal / 3021 kJ	14 g	7 g	104 g	12 g	41 g	4 g
<b>Per 100g</b>	96 kcal / 406 kJ	2 g	1 g	14 g	2 g	6 g	0 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

2



**1** Preheat your oven to 200 degrees and boil a large pot of water for the pasta.

**2** Start by making the **veggie meatballs**. Pop the **spinach** into a frying pan with a splash of **oil**. Cook for 5 mins on medium heat, until completely wilted. Transfer to a sieve and press the water out with a spoon to extract as much water as possible. Leave your **spinach** to cool on a chopping board, then drain the **black beans** into the sieve. Rinse under cold water and transfer to a mixing bowl.

3



**3** Mash the **black beans** with a fork or potato masher until you have a chunky mixture. Finely shred your **spinach** and add this to your **black beans** with the **flour**, **panko breadcrumbs** and half the **hard Italian cheese**. Mix in the **dried oregano** and season with **salt** and **black pepper** to taste.

**4** Squeeze your **bean mixture** together with your hands and then shape into five **veggie meatballs** per person. Pop these onto a lined baking tray and keep to one side. We will cook them later.

4



**5** Next, get your cracking with your **pomodoro sauce**. Cut the red onion in half through the root. Peel and then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Put your **onion** into a saucepan with a glug of **oil** over medium heat. Cook for 5 mins until your **onion** is soft and then add your **garlic** and **provençal herbs**. Cook for another minute and then add the **tomato passata**. Add the **water** (amount specified in the ingredient list) and then stir in the **vegetable stock pot**. Season with **salt** and **black pepper** and cook on medium heat for 10 mins or until your **pomodoro sauce** has reduced by half.

**6** Pop your **veggie meatballs** on the top shelf of your oven and bake for 20 mins. Add a good pinch of **salt** and the **linguine** to the pot of boiling water. **Tip:** Check the ingredient list for the exact quantity of pasta you need. Boil your pasta for 11 mins.

5



**7** When your **pasta** is cooked, drain into a colander. Return your pasta to the pot and mix in a splash of **olive oil**. When your **pomodoro sauce** is ready, add half to your **pasta** and stir well.

**8** Serve your **pasta** in deep bowls and pop your **veggie meatballs** on top. Drizzle over your remaining **pomodoro sauce** and then sprinkle on the rest of your **hard Italian cheese**. Tear the **basil** leaves and scatter over, then finish with the **rocket**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!