



8

Herby Meatballs and Linguine with Balsamic Rocket Salad

Family • 40 Minutes • Little Spice • 1 of your 5 a day



	Chilli		Garlic Clove
	Panko Breadcrumbs		Italian Herbs
	Beef Mince		Beef Stock Paste
	Finely Chopped Tomatoes with Onion and Garlic		Linguine
	Balsamic Vinegar		Grated Hard Italian Style Cheese
	Rocket		

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Bowl, Measuring Jug, Frying Pan, Wooden Spoon, Colander.

Ingredients

	2P	3P	4P
Chilli**	½	¾	1
Garlic Clove	1	2	2
Panko			
Breadcrumbs 13)	10g	15g	25g
Italian Herbs	1 sachet	1 sachet	2 sachets
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml
Beef Mince**	240g	360g	480g
Beef Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Linguine 13)	180g	270g	360g
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Rocket**	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	464g	100g
	3412 /815	736 /176
Fat (g)	32	7
Sat. Fat (g)	13	3
Carbohydrate (g)	84	18
Sugars (g)	14	3
Protein (g)	46	10
Salt (g)	3.49	0.75

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

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Start the Prep

Bring a large saucepan of **water** up to the boil with ½ tsp **salt** for the **linguine**. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press).



Make the Meatballs

Pop the **panko breadcrumbs**, **Italian herbs** and **chilli** (see ingredients for amount) into a bowl. **TIP:** Add less **chilli** if you don't like too much heat. Add the **water** for the **breadcrumbs** (see ingredients for amount) and mix together. Add the **beef mince**, season with **salt** and **pepper**. Using your hands, mix everything together until very well combined. Form the mixture into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Cook the Meatballs

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **meatballs** and fry until browned all over, 5-6 mins. Add the **garlic** and season with **salt** and **pepper**. Stir and cook for 1 min. Pour in the **water** for the sauce (see ingredients for amount), **beef stock paste**, and **finely chopped tomatoes**. Stir together, cover with a lid or foil and simmer 6-7 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Cook the Pasta

Meanwhile, when the **water** is boiling, add the **linguine** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Prep the Dressing

Pour the **balsamic vinegar** into a bowl, add the **olive oil** for the dressing (see ingredient list for amount) and season with **salt** and **pepper**. Mix together and leave to the side.



Serve

Add the linguine to the **meatballs** and sprinkle in **half** of the **grated hard Italian style cheese**, mix to combine. Season to taste with **salt** and **pepper**. Divide the mixture between your bowls and sprinkle over the remaining **cheese**. Add the **rocket** to the **balsamic dressing**, toss to coat. Serve the **salad** on the side.

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.