



# Meatless Linda McCartney Meatballs

With Spaghetti, Grated Cheese and Tomato Sauce

N° 23

RAPID 20 Minutes • Veggie



	Spaghetti
	Shallot
	Yellow Pepper
	Garlic Clove
	Linda McCartney Meatballs
	Tomato Purée
	Italian Herbs
	Finely Chopped Tomatoes with Basil
	Vegetable Stock Powder
	Grated Italian Style Hard Cheese

# Before you start

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

## Basic cooking tools, you will need:

Saucepan, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Spaghetti <b>13)</b>	200g	300g	400g
Shallot**	1	1	2
Yellow Pepper**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Linda McCartney Meatballs <b>11) 13)**</b>	1 pack	1½ packs	2 packs
Tomato Purée	1 sachet	2 sachets	2 sachets
Italian Herbs	1 pot	1 pot	1 pot
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Water	100ml	150ml	200ml
Grated Italian Style Hard Cheese <b>7) 8)**</b>	1 pack	1½ packs	2 packs

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	565g	100g
Energy (kJ/kcal)	3339 /798	591/141
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	105	19
Sugars (g)	21	4
Protein (g)	47	8
Salt (g)	5.10	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 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.

## Contact

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Packed in the UK

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## 1. Cook the Spaghetti

- Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.
- Add the **spaghetti** (check ingredients for amount) and simmer until tender, 8 mins.
- Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



## 2. Get Prepped

- Meanwhile, halve, peel and chop the **shallot** into small pieces.
- Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks.
- Peel and grate the **garlic** (or use a garlic press).



## 3. Get Cooking

- Heat a drizzle of **oil** in a frying pan on medium high heat.
- Fry the **veggie meatballs** until starting to brown, 5-6 mins, turning frequently. Remove from the pan to a plate. **IMPORTANT:** The veggie meatballs should be piping hot and cooked through.
- Pop your pan back on medium high heat, add a drizzle of **oil** and the **shallot** and fry until softened, 2-3 mins.
- Add the **pepper** and fry for a further 2-3 mins stirring often.



## 4. Add the Veggie Meatballs

- Add the **garlic**, **tomato puree** and **Italian herbs** to the **veg** and stir through for one minute.
- Add the **chopped tomatoes**, **vegetable stock powder** and **water** (see ingredients for amounts).
- Mix together, bring to a boil, then lower the heat and pop the **veggie meatballs** back in.
- Simmer until the **veggie meatballs** are piping hot and the **sauce** has thickened, 5-6 mins.



## 5. Combine

- Once the **sauce** is cooked, taste and season with **salt** and **pepper** if you feel it needs it.
- Once everything is cooked, add the **pasta** to the pan with the **sauce** along with **half the hard Italian style cheese**.
- Gently mix to combine. **TIP:** Add a splash of water if needed.



## 6. Serve Up

- Divide the **pasta** equally between plates.
- Sprinkle with 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.