



# Plant-Based Meatball & Roasted Veg Linguine with Parsley

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

19



Aubergine



Courgette



Red Onion



Garlic Clove



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 use them!

## 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	1½ 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.

## Contact

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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.



## 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.



## 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).



## 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**.



## Start the Sauce!

Heat a drizzle of **oil** in a large frying pan over medium-high 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.



## 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.