



Speedy Italian Meatballs

with Smoked Tomato Linguine

There's a reason why spaghetti and meatballs is typically a Sunday night dinner—it takes hours to make! This version uses Italian sausage as a meatball shortcut, eliminating extra prep while adding delicious flavor. Smoky paprika gives this marinara a unique kick.



Prep: 10 min
Total: 35 min



level 1



nut free



Italian Sausage



Linguine



Onion



Carrots



Smoked
Paprika



Dried
Thyme



Parmesan
Cheese



Diced Tomatoes

Ingredients

Italian Sausage		18 oz
Linguine	1)	12 oz
Onion		1
Carrots		2
Smoked Paprika		1 t
Dried Thyme		2 t
Parmesan Cheese	2)	½ Cup
Diced Tomatoes		2 Boxes
Sugar*		1 t
Oil*		4 t

4 People

*Not Included

Allergens

1) Wheat

2) Milk

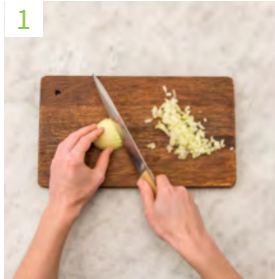
Tools

Large pot, Peeler,
2 Large pans, Strainer,

Ruler

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Nutrition per person Calories: 839 cal | Fat: 36 g | Sat. Fat: 12 g | Protein: 40 g | Carbs: 93 g | Sugar: 17 g | Sodium: 1559 mg | Fiber: 8 g



1

1 Prep the ingredients: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Halve, peel, and finely dice the **onion**. Peel, then finely dice the **carrots**.



3

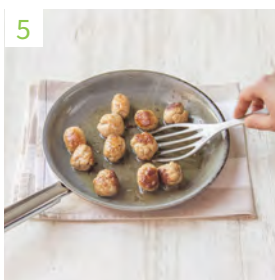
2 Start the marinara: Heat a large drizzle of **oil** in a large pan over medium heat. Add the **carrot** and **onion** and cook, tossing, for about 5 minutes, until softened. Season with **salt** and **pepper**.

3 Form the meatballs and boil the pasta: Meanwhile, remove the **sausage** from the casings; discarding the casings. Wet your fingers, then form the sausage into Tablespoon-sized **meatballs**. Add the **linguine** to the boiling water and cook for 9-11 minutes, until al dente, drain.



4

4 Finish the marinara: Add the **tomatoes** and **2 cups water** to the pan with the **veggies** and bring to a boil. Add **1 teaspoon sugar** and the **smoked paprika** (or less if the kids prefer a less smoky flavor) to the pan. Season generously with **salt** and **pepper**. Reduce to a low simmer.



5

5 Cook the meatballs: Heat a large drizzle of **oil** in another large pan over medium-high heat. Add the **sausage meatballs** to the pan and cook for 6-8 minutes, rotating to brown on all sides. When finished, add them to the **marinara**.

6 Toss and serve: Add the **linguine, thyme,** and **half the parmesan cheese** to the **marinara**. Toss for 1-2 minutes, until thoroughly combined and heated through. Serve the **speedy Italian meatballs** with **smoked tomato linguine**, garnished with the remaining **parmesan cheese** and enjoy!

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