



Spiced Beef Linguine

with balsamic salad

Quick Cook 20-25 mins • Optional spice

15



Beef Mince



Garlic



Beef Stock



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Balsamic Vinegar



Rocket



Grated Cheese



Dried Linguine

Pantry Items: Oil, Water, Salt, Sugar, Pepper



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Garlic	2 units	4 units
Beef Stock	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Chilli Flakes	1 sachet	2 sachets
Balsamic Vinegar	1 sachet	2 sachets
Rocket	40 g	80 g
Grated Cheese	50 g	100 g
Dried Linguine	180 g	360 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	471 g	100 g
Energy (kJ/kcal)	3359.8 kJ/ 803 kcal	713.3 kJ/ 170.5 kcal
Fat (g)	30.4 g	6.5 g
Sat. Fat (g)	14.8 g	3.1 g
Carbohydrate (g)	80.5 g	17.1 g
Sugars (g)	13.9 g	3 g
Protein (g)	47.7 g	10.1 g
Salt (g)	3.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Pasta

- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **pasta** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Start the Salad

- Meanwhile, in a salad bowl, combine the **balsamic vinegar**, 1 tbsp **oil** (double for 4p) and a pinch of **sugar**.
- Mix well to combine.
- Just before serving, toss the **salad leaves** through the dressing.



Fry the Mince

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Peel and grate the **garlic** (or use a garlic press).
- Once the pan is hot, add the **mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Add the **garlic** and cook, stirring, until fragrant, 1 min.



Finishing Touches

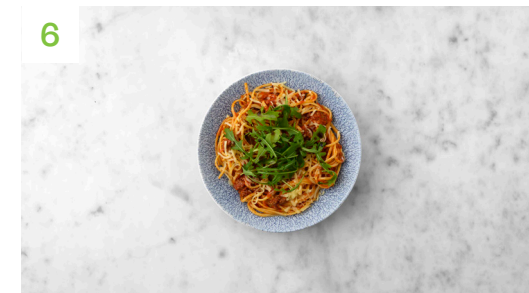
- When everything is ready, toss the drained **linguine** through the sauce in the pan.
- Season to taste with **salt** and **pepper**.



Simmer the Sauce

- When the **garlic** is fragrant, add the **beef stock powder**, **chopped tomatoes**, **chilli flakes** (use less if you don't like spice), ¼ tsp **sugar** and 100ml **water** (double both for 4p) to the pan.
- Bring to the boil then reduce to a simmer.
- Cook, stirring occasionally, until thickened, 10-12 mins. **IMPORTANT:** Mince is safe to eat when no longer pink in the middle.

TIP: Add a splash of water to the sauce if it becomes too dry.



Garnish and Serve

- Share the **beef linguine** between your bowls.
- Top with a sprinkling of **cheese**.
- Serve the balsamic salad alongside.

Enjoy!