



Spiced Beef Linguine

with balsamic salad

20 – 25 mins • Optional spice

2



Beef Mince



Garlic



Stock



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Balsamic Vinegar



Salad Leaves



Grated Cheese



Dried Linguine

Pantry Items: Sugar, Oil, Water, Salt, 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	240 g	480 g
Garlic	2 units	4 units
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
Salad Leaves	40 g	80 g
Grated Cheese	50 g	100 g
Dried Linguine	180 g	360 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	476.5 g	100 g
Energy (kJ/kcal)	3598.2 kJ/ 860 kcal	755.1 kJ/ 180.5 kcal
Fat (g)	36.5 g	7.7 g
Sat. Fat (g)	15.6 g	3.3 g
Carbohydrate (g)	81.6 g	17.1 g
Sugars (g)	14.5 g	3 g
Protein (g)	47.1 g	9.9 g
Salt (g)	3.6 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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1 Cook the Pasta

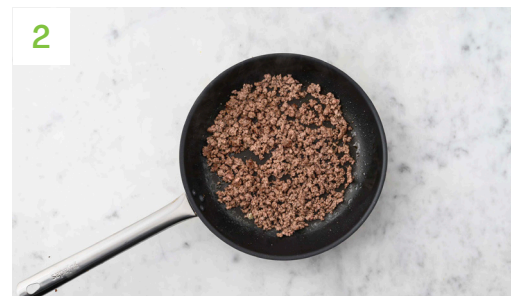
- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **pasta** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

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



4 Start the Salad

- Meanwhile, in a salad bowl, combine the **balsamic vinegar**, 1 tbsp **oil** (per 2P) and a pinch of **sugar**.
- Mix well to combine.
- Just before serving, toss the **salad leaves** through the dressing.



2 Fry the Mince

- Meanwhile, place a pan over medium-high heat (without 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** (with a drizzle of **oil** if necessary) and cook, stirring, until fragrant, 1 min.



5 Finishing Touches

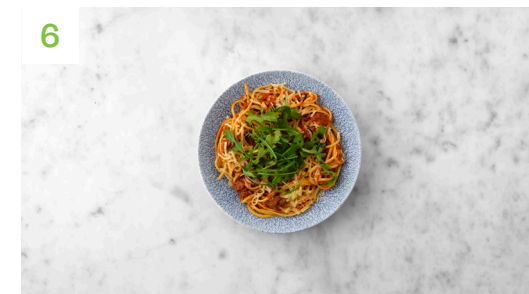
- When everything is ready, add the drained **linguine** to the sauce in the pan.
- Toss until coated in the sauce and warmed through, 1 min.
- Season to taste with **salt** and **pepper**.



3 Simmer the Sauce

- When the **garlic** is fragrant, add the **stock**, **chopped tomatoes**, **chilli flakes** (use less if you don't like spice), ¼ tsp **sugar** (per 2P) and 100ml **water** (per 2P) to the pan.
- Bring to the boil then reduce to a simmer.
- Cook until thickened, stirring occasionally, 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.



6 Garnish and Serve

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

Enjoy!