



# Beef Meatballs and Linguine with tomato spinach sauce

40 – 45 mins

4



Beef Mince



Italian Herbs



Passata



Onion



Garlic



Baby Spinach



Worcester Sauce



Stock



Breadcrumbs



Dried Linguine



Grated Italian  
Style Hard Cheese



Red Wine Jus

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



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2024-W48



## 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

Baking sheet with baking paper, colander, grater

## Ingredients

	2P	4P
Beef Mince	240 g	480 g
Italian Herbs	½ sachet	1 sachet
Passata	1 pack	2 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Baby Spinach	60 g	120 g
Worcester Sauce	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	1 unit	2 units
Red Wine Jus	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	463.3 g	100 g
Energy (kJ/kcal)	3451.8 kJ/ 825 kcal	745 kJ/ 178.1 kcal
Fat (g)	24.4 g	5.3 g
Sat. Fat (g)	11.2 g	2.4 g
Carbohydrate (g)	101.2 g	21.8 g
Sugars (g)	20.2 g	4.4 g
Protein (g)	42.5 g	9.2 g
Salt (g)	4.6 g	1 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.

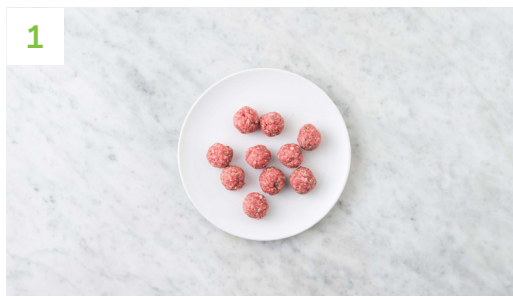
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## Shape the Meatballs

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **linguine**.
- In a large bowl, mix the **breadcrumbs**, 2 tbsp **water** (per 2P) and ½ tsp **salt** (per 2P).
- Add the **beef mince** and **half** a sachet of **dried Italian herbs** (per 2P).
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person.  
**IMPORTANT:** Wash hands and equipment after handling raw mince.



## Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



## Cook the Meatballs

- Pop the meatballs onto a lined baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



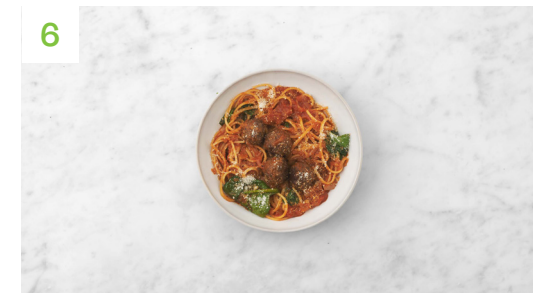
## Simmer the Sauce

- Place a pan over medium-high heat, with a drizzle of **oil**.
- Fry the **onion** and **garlic** until slightly softened, 3-4 mins.
- Add the **stock**, **passata**, **Worcester sauce**, 1 tsp **sugar** (per 2P) and 50ml **water** (per 2P). Simmer until thickened slightly, 5-7 mins.
- Mix through the **spinach** and cooked meatballs. Stir until the **spinach** is wilted, 1-2 mins.
- Season to taste with **salt** and **pepper**. Stir through a knob of **butter** and **red wine jus**.



## Make the Pasta

- When the **water** is boiling, add the **linguine** 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.



## Garnish and Serve

- Toss the drained **pasta** through the meatballs and sauce.
- Divide between bowls.
- Garnish with a sprinkling of **cheese**.

**Enjoy!**