



Lamb Linguine with Courgette

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

14



Linguine



Lamb Mince



Italian Herbs



Courgette



Worcester Sauce



Finely Chopped
Tomatoes with
Onion and Garlic



Red Wine Stock Paste



Grated Hard Italian Style
Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Saucepan, Colander, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Linguine 13)	200g	300g	400g
Lamb Mince**	200g	300g	400g
Italian Herbs	½ pot	¾ pot	1 pot
Courgette**	1	1½	2
Worcester Sauce 13)	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 ½ cartons	2 cartons
Red Wine Stock Paste 14)	1 sachet	1 ½ sachet	2 sachets
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	3265 /780	595 /142
Fat (g)	21	4
Sat. Fat (g)	10	2
Carbohydrate (g)	101	19
Sugars (g)	25	5
Protein (g)	45	8
Salt (g)	4.42	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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 You can recycle me!



Cook the Pasta

a) Fill and boil your kettle. Pour the boiling **water** from your kettle and ½ tsp of **salt** into a large saucepan and bring back to the boil.

b) Once boiling, add the **linguine** (see ingredient list for amount) to the saucepan of boiling **water** and cook for 12 mins.

c) When cooked, drain in a colander, return to the pan off the heat and drizzle with a little **oil** to stop it sticking together.



Simmer the Sauce

a) Reduce the heat to medium and simmer until the **sauce** is thick and tomatoey, 5-6 mins. **TIP:** Add a splash of pasta water if it gets too thick.

IMPORTANT: The lamb mince is cooked when no longer pink in the middle.



Fry the Lamb

a) Meanwhile, heat a large frying pan on high heat (no oil). When hot, add the **lamb**. Fry until browned, breaking it up with a wooden spoon as it cooks, 3-4 mins. **TIP:** Carefully pour away any excess fat if you like.

b) Sprinkle over the **Italian herbs** and cook, stirring, for another minute.

c) Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



Finish Up

a) Toss the drained **linguine** through the **sauce** along with **half** the **hard Italian style cheese** (if it's easier, transfer everything to the pasta saucepan to combine) and cook until piping hot.

b) Taste and season with **salt** and **pepper** if needed.



Start the Sauce

a) Add the **Worcester sauce** (see ingredient list for the amount you need) to the **lamb** and allow to bubble away until evaporated.

b) Stir in the **courgette**, **finely chopped tomatoes**, **red wine stock paste** and a pinch of **sugar** (if you have some), bring to the boil.



Serve

a) Serve the **lamb linguine** in bowls finished with a sprinkle of the remaining **hard Italian style cheese**.

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.