



## 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: 5 min  
Total: 30 min



level 1



nut free



Italian Sausage



Linguine



Onion



Carrot



Smoked  
Paprika



Dried  
Thyme



Parmesan  
Cheese



Diced Tomatoes

## Ingredients

	2 People	4 People
Italian Sausage	9 oz	18 oz
Linguine	1) 6 oz	12 oz
Onion	1	1
Carrot	1	2
Smoked Paprika	1 t	1 t
Dried Thyme	1 t	2 t
Parmesan Cheese	2) ¼ Cup	½ Cup
Diced Tomatoes	1 Box	2 Boxes
Sugar*	½ t	1 t
Oil*	2 t	4 t

\*Not Included

## Allergens

1) Wheat

2) Milk

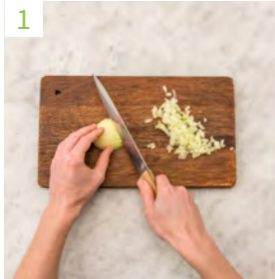
## Tools

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 **carrot**.



3

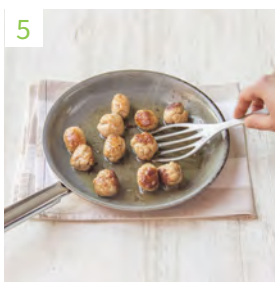
**2 Start the marinara:** Heat a drizzle of **oil** in a large pan over medium heat. Add the **carrot** and **onion** and cook, tossing, for about 5 minutes, until softened. Season with **salt** and **pepper**.

**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 **1 cup water** to the pan with the **veggies** and bring to a boil. Add **½ teaspoon sugar** and **half the smoked paprika** (or more if you prefer a smokier flavor) to the pan. Season generously with **salt** and **pepper**. Reduce to a low simmer.



5

**5 Cook the meatballs:** Heat a 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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