



# Spiced Beef Linguine

with balsamic salad

20 – 25 mins • *Optional spice*

1



Beef Mince



Garlic



Beef Stock



Chopped Tomato with Onion & Garlic



Dried Chilli Flakes



Balsamic Vinegar



Salad Leaves



Grated Cheese



Dried Linguine



Pine Nuts



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	240 g	480 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
Salad Leaves	40 g	80 g
Grated Cheese	50 g	100 g
Dried Linguine	180 g	360 g
Pine Nuts	10 g	20 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>471.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3450 kJ/ 824 kcal	732 kJ/ 175 kcal
Fat (g)	32.3 g	6.8 g
Sat. Fat (g)	14.8 g	3.1 g
Carbohydrate (g)	81.4 g	17.3 g
Sugars (g)	14.2 g	3 g
Protein (g)	48 g	10 g
Salt (g)	3.3 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

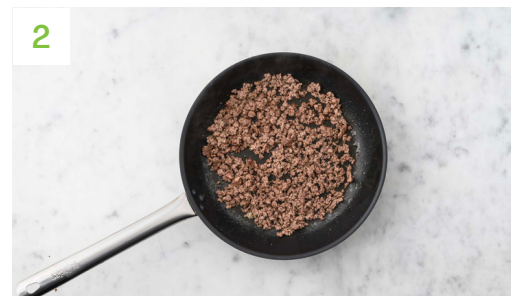
- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **pasta** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot (off the heat).
- Drizzle with **oil** and stir through to prevent sticking.

**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 heat (no oil). Once hot, dry-fry the **pine nuts** until toasted, 2-3 mins. Once cooked, remove from the pan.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Peel and grate the **garlic** (or use a garlic press).
- Once hot, cook the **mince** until browned, 5-6 mins. Break up the **mince** as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Add the **garlic** and cook until fragrant, 1 min.



### Finishing Touches

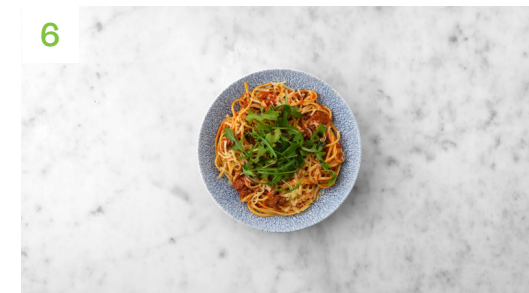
- When everything is ready, add the drained **linguine** to the sauce in the pan.
- Toss until coated in the sauce and warmed through, 1 min.
- Season to taste with **salt** and **pepper**.



### Simmer the Sauce

- When the **garlic** is fragrant, add the **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 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.



### Garnish and Serve

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

Enjoy!