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Cumin Spiced Meatball Feta Bake with Speedy Sauce and Linguine

This pasta bake features a great chef hack that is simple and healthy! Create a 'raw' sauce by mixing tomato passata, garlic, fresh basil plus any veggies you choose and baking with a choice of toppings like the meatballs and feta featured in this dish. This trick is quick and simple and eliminates the necessity for sugar-laden store bought pasta sauce!

 40 mins

 eat within
2 days

 2 of your
5 a day

 family box

 mealkit



Echalion Shallot
(1)



Basil
(1 bunch)



Garlic Clove
(1)



Beef Mince
(500g)



Panko Breadcrumbs
(20g)



Ground Cumin
(1 tbsp)



Dried Thyme
(1 tbsp)



Tomato Passata
(3 cartons)



Peas
(2 packs)



Feta Cheese
(2 blocks)



Linguine
(400g)


4 PEOPLE INGREDIENTS

- Echalion Shallot, chopped
- Basil, torn
- Garlic Clove, grated
- Beef Mince
- Panko Breadcrumbs
- Ground Cumin

1
1 bunch
1
500g
20g
1 tbsp

- Dried Thyme
- Tomato Passata
- Peas
- Feta Cheese
- Linguine

1 tbsp
3 cartons
2 packs
2 blocks
400g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Dried peas were a staple food in the Middle Ages and fresh peas were a delicacy in early modern European courts.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	753 kcal / 3177 kJ	18 g	10 g	90 g	8 g	57 g	2 g
Per 100g	138 kcal / 582 kJ	3 g	2 g	16 g	1 g	10 g	0 g

1



1 First get your prep done and preheat your oven to 220 degrees! Cut the **shallot** in half through the root, peel and chop into small ½cm pieces. Remove the **basil** leaves from their stalks. Finely chop the **stalks** and roughly tear **leaves** (keep them separate). Peel and grate the **garlic** (or use a garlic press if you have one).

2



2 Pop the **beef mince** in a bowl with your **shallot**, **panko breadcrumbs**, **ground cumin**, **dried thyme** and **basil stalks**. Add a really good pinch of **salt** and a grind of **black pepper**. Mix everything together with your hands until well combined. Shape into five meatballs per person.

4



3 Put a frying pan on medium-high heat with a drizzle of **oil**. Once the oil is hot, add your **meatballs** and cook for 5-6 mins until they are browned on the outside. **Tip:** *We are baking them as well so they don't need to be cooked through completely at this point.*

4 While your meatballs are cooking, pour the **tomato passata** into an ovenproof dish. Add the **peas**, **garlic** and half your **basil leaves**. Add a good pinch of **salt** and a grind of **black pepper**. Mix together.

5



5 Once your **meatballs** are browned, add them to your ovenproof dish with your **sauce**. Carefully stir together so that your **meatballs** are slightly submerged in your **sauce**. Crumble over the **feta** and pop on the top shelf of your oven to bake for 20 mins.

6 Meanwhile, put a large pot of water on to boil with a good pinch of **salt**. If you've got a spare 5 mins, get your washing up done! 11 mins before your meatballs are ready, add the **linguine** to the boiling water and cook for 11 mins until 'al dente', then drain. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - if it's not quite there yet, just cook for a little longer.*

7 When your **meatballs** are cooked, and your **feta** has browned, remove the dish from your oven. **Tip:** *The meatballs are cooked when no longer pink in the middle.* Serve your **linguine** in bowls with your **cumin spiced meatball feta bake** on top. Finish with a sprinkling of the remaining **basil leaves**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!