



VEGGIE "MEATBALLS"

with Linguine and Homemade Pomodoro Sauce



HELLO

HERBES DE PROVENCE

A mixture of dried herbs typical of the Provence region of southeast France

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 965



Baby Spinach



Black Beans



All-Purpose Flour



Panko Breadcrumbs



Parmesan Cheese, grated



Herbes de Provence



Garlic



Linguine



Tomato Passata



Vegetable Broth Concentrate



Basil



Onion, chopped

BUST OUT

- Medium Bowl
- Large Non-Stick Pan
- Baking Sheet
- Large Pot
- Measuring Spoons
- Potato Masher
- Strainer
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Baby Spinach 1 pkg (113 g)
- Black Beans 1 can
- All-Purpose Flour 1 1 pkg (1 tbsp)
- Panko Breadcrumbs 1 1 pkg (1/4 cup)
- Parmesan Cheese, grated 2 1 pkg (28 g)
- Herbes de Provence 1 1 pkg (1 tbsp)
- Garlic 1 1 pkg (10 g)
- Linguine 1 1 pkg (170 g)
- Tomato Passata 1 box
- Vegetable Broth Concentrate 1
- Basil 1 1 pkg (10 g)
- Onion, chopped 1 1 pkg (56 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **350°F** (to bake the meatballs). Start prepping when the oven comes up to temperature!



1 WILT SPINACH Wash and dry all produce. Bring a large pot of **salted water** to a boil. Heat a large non-stick pan over medium heat. Add the **spinach** and **1 tbsp water**. Cook, stirring, until wilted, 1-2 min. Transfer the spinach to a cutting board. Finely chop the spinach.



4 COOK PASTA Meanwhile, add the **pasta** to the boiling water. Cook until the pasta is tender, 9-10 min. (Drain when the pasta is finished cooking.)



2 MAKE MEATBALLS Drain and rinse the **beans**. In a medium bowl, mash **half the beans** using a fork or potato masher. Add in the **spinach, flour, panko, remaining beans, half the Parmesan** and **half the Herbes de Provence**. Season with **salt** and **pepper**. Roll and press the mixture into 1-inch round meatballs.



5 COOK SAUCE Meanwhile, mince or grate the **garlic**. Add a drizzle of **oil** to the same pan, then the **onions** and **remaining Herbes de Provence**. Cook, stirring occasionally, until the onions soften, 4-5 min. Reduce the heat to medium-low. Add the **garlic, passata** and **broth concentrate**. Simmer until the sauce is slightly thickened, 4-5 min.



3 COOK MEATBALLS Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **veggie meatballs**. Cook, carefully turning the veggie meatballs often, until golden-brown on all sides, 5-6 min. Transfer the meatballs to a parchment-lined baking sheet. Bake in the centre of the oven until warmed through, 9-10 min.



6 FINISH AND SERVE Divide the **pasta** between bowls. Top with the **sauce** and **veggie meatballs**. Sprinkle with the **remaining Parmesan** and tear over **basil leaves**.

ON THE BALL!

The veggie meatball mixture can also be made into burger patties.