

King Prawn and Chorizo Fresh Tagliatelle

with Pea Shoot Salad and Cheese



Premium 25-30 Minutes · Medium Spice · 2 of your 5 a day







Garlic Clove





Diced Chorizo







Sun-Dried Tomato Paste



Tomato Passata





Chilli Flakes



Chicken Stock





Cider Vinegar





Pea Shoots



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red

Cooking tools

Saucepan, frying pan, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	2	3	4	
Bell Pepper***	1	1	2	
Diced Chorizo**	60g	90g	120g	
Sun-Dried Tomato Paste	25g	37g	50g	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Chicken Stock Paste	15g	25g	30g	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Fresh Tagliatelle** 8) 13)	200g	300g	400g	
Cider Vinegar 14)	15ml	15ml	30ml	
King Prawns** 5)	300g	300g	450g	
Pea Shoots**	40g	60g	80g	
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g	
Pantry	2P	3P	4P	
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp	
Water for the Sauce*	150ml	225ml	300ml	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	
*Not Included **Store in the Fridge ***Based on season,				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	594g	100g
Energy (kJ/kcal)	2493 /596	420/100
Fat (g)	23.7	4.0
Sat. Fat (g)	7.8	1.3
Carbohydrate (g)	49.4	8.3
Sugars (g)	11.7	2.0
Protein (g)	45.2	7.6
Salt (g)	5.99	1.01

the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Alleraens

5) Crustaceans 7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

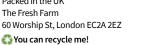
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Started

Bring a large saucepan of water to the boil with 1/2 tsp salt for the tagliatelle.

Heat a large frying pan on medium-high heat (no oil).

Meanwhile, peel and grate the garlic (or use a garlic press). Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Once the pan is hot, add the **chorizo** and stir-fry until it starts to brown, 2-3 mins.



Add the Pepper

Once the **chorizo** has started to brown, add the sliced pepper and fry until just soft, 3-4 mins (add a little oil if needed). Continue to stir while it cooks. Add the garlic and sun-dried tomato paste, then stir-fry until fragrant, 30 secs.



Sauce Things Up

Stir the passata, sugar and water for the sauce (see pantry for both amounts), chicken stock paste and chilli flakes (add less if you'd prefer things milder) into the pan.

Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Tagliatelle Time

Meanwhile, add the tagliatelle to the pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

In a large bowl, mix together the olive oil for the dressing (see pantry for amount), cider vinegar and a pinch of salt, pepper and sugar. Set the dressing aside for now.

Once the tagliatelle is cooked, drain in a colander and pop back in the pan. Drizzle with oil and stir through to stop it sticking together.



Cook the Prawns

Once the **sauce** has thickened, bring to the boil, then stir in the **prawns** and cook for another 5-6 mins. IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Season to taste with salt and pepper, then remove from the heat.

Add the **cooked tagliatelle** to the **sauce** and toss to coat.



Finish and Serve

Just before serving, add the **pea shoots** to the bowl of **dressing** and toss to coat.

Share the **prawn tagliatelle** between your bowls and spoon over any remaining sauce.

Sprinkle over the hard Italian style cheese, then serve with the **pea shoot salad** alongside.

Enjoy!