



Chorizo Linguine in Creamy Sauce

with Peas, Rocket and Balsamic Glaze

Quick 20-25 Minutes

13



Linguine



Garlic Clove



Diced Chorizo



Chicken Stock Paste



Double Cream



Peas



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Linguine 13	180g	270g	360g
Garlic Clove**	2	3	4
Diced Chorizo**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Double Cream 7	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	24ml	24ml
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	330g	100g	405g	100g
Energy (kJ/kcal)	3272 / 782	991 / 237	3438 / 822	849 / 203
Fat (g)	38.2	11.6	38.6	9.5
Sat. Fat (g)	22.9	6.9	23.1	5.7
Carbohydrate (g)	78.9	23.9	78.9	19.5
Sugars (g)	12.4	3.8	12.4	3.1
Protein (g)	29.0	8.8	38.0	9.4
Salt (g)	2.98	0.9	3.99	0.99

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

Allergens

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Pasta

- Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**.
- When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once the **pasta** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Make your Creamy Sauce

- Stir the **chicken stock paste**, **double cream** and **water for the sauce** (see pantry for amount) into the pan.
- Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.



Garlic Time

- While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Peas and Cheese Please

- Once the **sauce** has thickened, stir in the **peas** and the **hard Italian style cheese**. Cook until the **peas** are piping hot, 1-2 mins.
- Stir in the **cooked pasta**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

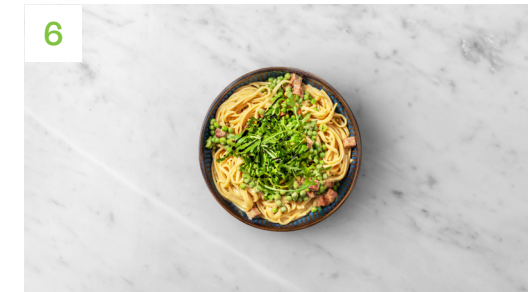


Fry the Chorizo

- Once the **oil** is hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- Next, add the **garlic** and stir-fry for 30 secs.

CUSTOM RECIPE

If you're adding **prawns**, add them to the pan with the **chorizo**. Fry for the same amount of time, the **prawns** will cook through in the **sauce**.
IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Finish and Serve

- Share the **creamy chorizo linguine** between your bowls.
- Top with a handful of **rocket** and drizzle over the **balsamic glaze** to finish.

Enjoy!