



Simple Lemon, Leek and Pea Linguine with Cheese and Rocket

Quick 20-25 Minutes • 2 of your 5 a day

17



Leek



Lemon



Garlic Clove



Linguine



Creme Fraiche



Sun-Dried Tomato Paste



Vegetable Stock Paste



Peas



Grated Hard Italian Style Cheese



Wild Rocket



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

+ Add King Prawns

If you chose to add king prawns, 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

Kettle, fine grater, garlic press, saucepan, colander and frying pan.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	1½	2
Lemon**	½	1	1
Garlic Clove**	2	3	4
Linguine 13	180g	270g	360g
Crema Fraiche** 7	150g	225g	300g
Sun-Dried Tomato Paste	50g	75g	100g
Vegetable Stock Paste	10g	15g	20g
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Wild Rocket**	20g	40g	40g
King Prawns** 5	150g	225g	300g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	473g	100g	550g	100g
Energy (kJ/kcal)	3539 / 846	748 / 179	3730 / 892	681 / 163
Fat (g)	42.8	9.0	43.2	7.9
Sat. Fat (g)	24.6	5.2	24.7	4.5
Carbohydrate (g)	88.5	18.7	88.5	16.2
Sugars (g)	17.2	3.6	17.2	3.1
Protein (g)	27.2	5.8	37.7	6.9
Salt (g)	2.42	0.51	3.43	0.63


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

Allergens

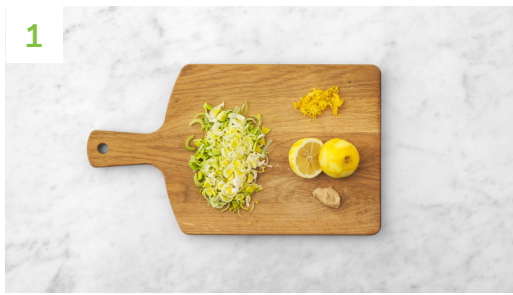
5) Crustaceans **7)** Milk **8)** Egg **13)** Cereals containing gluten

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, mollusc, 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.

 You can recycle me!

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Start the Prep

- Boil a full kettle.
- Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.
- Zest and halve the **lemon** (see ingredients for amount). Peel and grate the **garlic** (or use a garlic press).



Build the Sauce

- Add the **garlic** and **sugar for the sauce** (see pantry for amount) to the **leek** pan and cook, 1 min.
- Stir in the **crema fraiche**, **sun-dried tomato paste**, **veg stock paste**, **lemon zest** and **water for the sauce** (see pantry for amount).
- Bring to the boil and simmer until reduced slightly, 2-3 mins.



Boil the Pasta

- Pour the **boiled water** into a large saucepan with ½ **tsp salt** and bring back to the boil.
- Add the **linguine** and cook until tender, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bring it All Together

- Add the **cooked linguine** and **peas** to the **sauce**. Toss to coat and simmer until piping hot, 1-2 mins.
- Stir in the **lemon juice** and **half** the **cheese**, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Cook the Leek

- Meanwhile, melt the **butter** (see pantry for amount) in a large frying pan on medium heat.
- Once melted, add the **leek** and season with **salt** and **pepper**. Cook until softened, 5-7 mins, stirring occasionally.

+ Add King Prawns

If you're adding **prawns**, drain them, then add to the pan with the **leek**. Cook for the same amount of time.
IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve Up

- Share the **linguine** between your bowls.
- Sprinkle over the remaining **cheese** and top with a handful of **rocket**.

Enjoy!