



Linguine in Creamy Spicy Tomato Sauce with Roasted Pepper and Charred Courgette

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie

19



Bell Pepper



Garlic Clove



Courgette



Linguine



Sun-Dried Tomato Paste



Tomato Passata



Vegetable Stock Paste



Chilli Flakes



Greek Style Salad Cheese



Creme Fraiche



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Saucepan, garlic press, frying pan, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
Linguine 13	180g	270g	360g
Bell Pepper***	1	2	2
Garlic Clove**	3	5	6
Courgette**	1	2	2
Sun-Dried Tomato Paste	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Greek Style Salad Cheese** 7	50g	100g	250g
Creme Fraiche** 7	75g	120g	150g
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	125ml	150ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	2637 /630	531 /127
Fat (g)	21.4	4.3
Sat. Fat (g)	11.6	2.3
Carbohydrate (g)	85.8	17.3
Sugars (g)	17.2	3.5
Protein (g)	21.8	4.4
Salt (g)	2.40	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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, 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.

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

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.

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

Trim the **courgette**, then quarter lengthways. Cut widthways into 1cm pieces.



Make the Spicy Sauce

While the **pasta** cooks, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic, sun-dried tomato paste** and **sugar for the sauce** (see ingredients for amount). Cook for 1 min.

Stir in the **passata, vegetable stock paste, half the chilli flakes** (use less if you'd prefer things milder) and **water for the sauce** (see ingredients for amount). Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 6-7 mins.



Char the Courgette

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

Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once charred, season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.



Finish Up

Meanwhile, crumble the **Greek style salad cheese**.

Once the **sauce** has thickened, stir in the **creme fraiche, cooked pasta** and **roasted pepper** until piping hot.

Taste and season again if needed. Add a splash of **water** if you feel it needs it.



Pepper and Pasta Time

While the **courgette** chars, pop the **pepper** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the top shelf of your oven until soft and slightly charred, 15-18 mins.

Meanwhile, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 10 mins.

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



Serve

When ready, share the **spicy tomato linguine** between your bowls.

Top with the **charred courgette, crumbled Greek style salad cheese** and remaining **chilli flakes** if you'd like some more heat.

Serve with the **rocket** alongside drizzled with a little **olive oil**.

Enjoy!