



Spicy King Prawn and Chorizo Tagliatelle

with Pea Shoot Salad and Cheese

Premium 30 Minutes • Mild Spice • 2 of your 5 a day

29



Echalion Shallot



Garlic Clove



Bell Pepper



Chorizo



Sun-Dried
Tomato Paste



Finely Chopped
Tomatoes



Chicken Stock
Paste



Chilli Flakes



Fresh Tagliatelle



Chives



Cider Vinegar



King Prawns



Pea Shoots



Grated Hard Italian
Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Frying Pan, Saucepan, Colander and Garlic Press.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Bell Pepper***	1	1	2
Chorizo**	60g	90g	120g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Chicken Stock Paste	15g	25g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinch
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Chives**	1 bunch	1 bunch	1 bunch
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
King Prawns** 5)	225g	300g	340g
Pea Shoots**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	40g

*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	623g	100g
Energy (kJ/kcal)	2480 / 593	398 / 95
Fat (g)	22	4
Sat. Fat (g)	7	1
Carbohydrate (g)	54	9
Sugars (g)	16	3
Protein (g)	42	7
Salt (g)	5.43	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1



Get Started

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **tagliatelle**. Heat a large frying pan on medium-high heat (no **oil**). Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips. When the pan is hot, add the **chorizo** and stir-fry until it starts to brown, 2-3 mins.

2



Cook the Veg

Once the **chorizo** has started to brown, add the **shallot** and **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.

3



Add the Flavour

Add the **finely chopped tomatoes** and **sugar** (see ingredients for amount), **chicken stock paste** and **chilli flakes** (use less if you don't like too much heat) to the pan. Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.

4



Cook the Pasta

Meanwhile, add the **tagliatelle** to the boiling **water** and bring back to the boil. Cook until tender, 3-4 mins. Roughly chop the **chives**. In a large bowl, mix together the **olive oil for the dressing** (see ingredients for amount), the **cider vinegar**, and a pinch of **salt**, **pepper** and **sugar** (if you have any). 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.

5



Cook the Prawns

Once the **sauce** has thickened, stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are 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 **tagliatelle** to the **sauce** and toss to coat.

6



Serve

Just before serving, add the **pea shoots** to the bowl with the **dressing** and toss to coat. **TIP:** Don't do this too early or the leaves will become soggy. Divide the **tagliatelle** between your bowls and spoon over any remaining **sauce**. Sprinkle over the **cheese** and **chives** to finish, then serve with the **pea shoot salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.