



# Spicy King Prawn and Chorizo Tagliatelle with Pea Shoot Salad and Cheese

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

30



Garlic Clove



Bell Pepper



Chorizo



Sun-Dried Tomato Paste



Tomato Passata



Chicken Stock Paste



Chilli Flakes



Fresh Tagliatelle



Cider Vinegar



King Prawns



Pea Shoots



Grated Hard Italian Style Cheese

**Pantry Items**  
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, bowl and colander.

## Ingredients

| Ingredients                                 | 2P       | 3P         | 4P        |
|---|----------|------------|-----------|
| Garlic Clove**                              | 2        | 3          | 4         |
| Bell Pepper***                              | 1        | 1          | 2         |
| Chorizo**                                   | 60g      | 90g        | 120g      |
| Sun-Dried Tomato Paste                      | 1 sachet | 1½ sachets | 2 sachets |
| Tomato Passata                              | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste                         | 15g      | 25g        | 30g       |
| Chilli Flakes                               | 1 pinch  | 1 pinch    | 2 pinches |
| Fresh Tagliatelle**<br>8) 13)               | 200g     | 300g       | 400g      |
| Cider Vinegar 14)                           | 1 sachet | 1 sachet   | 2 sachets |
| King Prawns** 5)                            | 225g     | 300g       | 450g      |
| Pea Shoots**                                | 40g      | 60g        | 80g       |
| Grated Hard Italian<br>Style Cheese** 7) 8) | 25g      | 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<br>Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |

\*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

| for uncooked ingredient | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 499g        | 100g      |
|                         | 2355 / 563  | 472 / 113 |
| Fat (g)                 | 22.4        | 4.5       |
| Sat. Fat (g)            | 7.4         | 1.5       |
| Carbohydrate (g)        | 48.7        | 9.8       |
| Sugars (g)              | 11.6        | 2.3       |
| Protein (g)             | 40.5        | 8.1       |
| Salt (g)                | 5.30        | 1.06      |

Nutrition for uncooked ingredients based on 2 person recipe.

## 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, 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.

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## 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).

Peel and grate the **garlic** (or use a garlic press). Halve the **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.



## 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 ingredients 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.



## Fry the Veg

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



## Cook the Prawns

Once the **sauce** has thickened, bring to the boil, then stir in the **prawns** and cook for another 4-5 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 **cooked tagliatelle** to the **sauce** and toss to coat.



## Add the Flavour

Stir the **passata**, **sugar** and **water for the sauce** (see ingredients for both amounts), **chicken stock paste** and **chilli flakes** (use less if you don't like too much heat) into the pan.

Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



## Finish and Serve

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

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

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

## Enjoy!