



Spicy King Prawn and Chorizo Tagliatelle

with Pea Shoot Salad and Cheese

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

29



Fresh Tagliatelle



Garlic Clove



Bell Pepper



Chorizo



Sun-Dried
Tomato Paste



Tomato Passata



Chicken Stock
Paste



Chilli Flakes



Cider Vinegar



King Prawns



Pea Shoots



Grated Hard
Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, frying pan, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Fresh Tagliatelle** 8) 13)	200g	300g	400g
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
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
King Prawns** 5)	225g	300g	450g
Pea Shoots**	40g	60g	80g
Grated Hard Italian 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 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

Typical Values for uncooked ingredient	Per serving	Per 100g
	499g	100g
Energy (kJ/kcal)	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.
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, 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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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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).

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.

4



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 pantry 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.

2



Fry the Peppers

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.

5



Cook the Prawns

Once the **sauce** has thickened, bring to the boil,
then stir in the **prawns** and cook for another
5-6 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.

3



Add the Flavour

Stir the **passata, sugar** and **water for the sauce**
(see pantry for both amounts), **chicken stock
paste** and **chilli flakes** (use less if you'd prefer
things milder) into the pan.

Bring to the boil, then lower the heat and simmer
until thickened, 4-5 mins.

6



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!