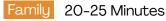


Chorizo Linguine in Creamy Sauce



with Peas, Rocket and Balsamic Glaze





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, colander, garlic press and frying pan.

Ingred	lients
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Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Garlic Clove**	2	3	4 120g
Chorizo**	60g	90g	
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	24ml	24ml
King Prawns** 5)	300g	450g	600g
Pantry	2P	3P	4P

Water for the Sauce* 75ml 125ml

*Not Included **Store in the Fridge

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			Custom Recipe	
Typical Values	Per	Per 100g	Per serving	Per 100g
for uncooked	serving	1009	Sel VIIIg	TOOR
ingredient	293g	100g	443g	100g
Energy (kJ/kcal)	3334 /797	1140/272	3773 /902	853/204
Fat (g)	39.5	13.5	41.0	9.3
Sat. Fat (g)	21.2	7.2	21.6	4.9
Carbohydrate (g)	81.2	27.7	81.2	18.3
Sugars (g)	12.4	4.2	12.4	2.8
Protein (g)	29.1	10.0	52.7	11.9
Salt (g)	2.97	1.02	4.77	1.08

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.

Contact

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Packed in the UK The Fresh Farm



150ml

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Cook the Pasta

Bring a large saucepan of **water** to the boil with 1/2 tsp salt.

When boiling, add the linguine to the water and bring back to the boil. Cook until tender, 12 mins.

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



Garlic Prep

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.



Stir and Combine

Once the sauce has thickened, stir in the peas and the hard Italian style cheese. Cook until the peas are piping hot, 1-2 mins.

Stir in the **cooked pasta**. Taste and season with salt and pepper if needed. Add a splash of water if it's a little too thick.



Fry the Chorizo

Once the **oil** is hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Next, add the **garlic**, stir-fry for 30 secs.

CUSTOM RECIPE

If you're adding **prawns** to your meal, add them to the pan after frying the **chorizo**. Stir-fry for 2-3 mins before stirring in the **garlic**. Continue as instructed, making sure the prawns are cooked through in step 5. IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Finish and Serve

Share the creamy chorizo linguine between your bowls.

Top with a handful of **rocket** and drizzle over the **balsamic glaze** to finish.

Enjoy!



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Make your Creamy Sauce

Stir the chicken stock paste, creme fraiche and water for the sauce (see pantry for amount) into the frying pan.

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.