



Chorizo Linguine in Creamy Sauce with Peas, Rocket and Balsamic Glaze

Family 20-25 Minutes

10



Linguine



Garlic Clove



Chorizo



Chicken Stock
Paste



Creme Fraiche



Peas



Grated Hard
Italian Style Cheese



Wild Rocket



Balsamic Glaze



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Garlic Clove**	2	3	4
Chorizo**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Crema 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	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked 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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1 Cook the Pasta

Bring a large saucepan of **water** to the boil with **½ 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.



4 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.



2 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.



5 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.



3 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.



6 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!