HELLO FRESH

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

Classic 20-25 Minutes

9

Linguine

Garlic Clove

Diced Chorizo

Chicken Stock Paste

Creme Fraiche

Peas

Grated Hard Italian Style Cheese

Wild Rocket

Balsamic Glaze

Diced Chicken Breast

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
Diced Chorizo**	60g	90g	120g
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
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	293g	100g	423g	100g
Energy (kJ/kcal)	3334 /797	1140 /272	3981 /952	942 /225
Fat (g)	39.5	13.5	41.8	9.9
Sat. Fat (g)	21.2	7.2	21.8	5.2
Carbohydrate (g)	81.2	27.7	81.3	19.2
Sugars (g)	12.4	4.2	12.5	3.0
Protein (g)	29.1	10.0	60.6	14.3
Salt (g)	2.97	1.02	3.17	0.75

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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.

2

Garlic Time

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.

3

Fry the Chorizo

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

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

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan with the **chorizo** and fry for 5-6 mins instead, then add the **garlic** and continue as instructed. The **chicken** will cook through in Step 5. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

4

Make your Creamy Sauce

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

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

5

Peas and Cheese Please

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.

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!