



Charred Pepper, Mushroom & Chorizo Linguine with Tomato Sauce

11

Family 20 Minutes • 2 of your 5 a day



Bell Pepper

Linguine



Garlic Clove



Diced Chorizo



Sliced Mushrooms



Tomato Passata



Vegetable Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

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, frying pan, colander and garlic press.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Linguine 13)	180g	270g	360g
Garlic Clove**	1	1	2
Diced Chorizo**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Diced Chorizo**	60g	90g	120g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	381g	100g	411g	100g
Energy (kJ/kcal)	2486 /594	652 /156	3038 /726	739 /177
Fat (g)	17.6	4.6	28.5	6.9
Sat. Fat (g)	6.6	1.7	10.6	2.6
Carbohydrate (g)	80.2	21	81.1	19.7
Sugars (g)	12.6	3.3	12.8	3.1
Protein (g)	26.2	6.9	33.7	8.2
Salt (g)	3.80	1.00	5.52	1.34

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

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

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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Char the Pepper

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **pasta**.

b) Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks. Heat a large frying pan on high heat (no oil).

c) Once hot, add the **pepper chunks** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **pepper** to pick up some nice colour.

d) Once charred, remove from the pan and set aside for later.



Simmer your Sauce

a) Once the **oil** is hot, add the **diced chorizo** and **mushrooms**. Fry until golden, 3-4 mins.

b) Add the **garlic** and stir-fry for 30 secs, then stir in the **passata, veg stock paste, sun-dried tomato paste, sugar and water for the sauce** (see pantry for both amounts).

c) Season with **salt** and **pepper**. Bring to the boil and simmer until thickened, 4-5 mins.

CUSTOM RECIPE

If you've chosen to double up on **diced chorizo**, prep and cook the recipe in the same way.



Bring on the Pasta

a) While the **pepper** chars, add the **linguine** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

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



All Together Now

a) Once the **sauce** has thickened, combine the **charred pepper, cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half the hard Italian style cheese**, adding a splash of **water** if it's a little too thick.

c) Season to taste with **salt** and **pepper** if needed.



Garlic Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Put the large frying pan back on medium heat with a drizzle of **oil** (no need to clean).



Serve

a) Share your **mushroom and chorizo linguine** between your bowls.

b) Sprinkle with the remaining **cheese** to finish.

Enjoy!