



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

Super Quick 15 Minutes

44



Linguine



Diced Chorizo



Chicken Stock
Paste



Creme Fraiche



Peas



Grated Hard
Italian Style Cheese



Wild Rocket



Balsamic Glaze

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
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

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

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 325g	Per 100g 100g
Energy (kJ/kcal)	3311 /791	1019 /243
Fat (g)	39.5	12.1
Sat. Fat (g)	21.2	6.5
Carbohydrate (g)	80.4	24.7
Sugars (g)	12.3	3.8
Protein (g)	28.7	8.8
Salt (g)	2.97	0.91

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



Speedy Linguine

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Boil the **linguine**, 12 mins.

3



Sauce Time

- Meanwhile, drain the **pasta** and pop back in the pan. Drizzle with **oil** and stir through.
- Next, stir the **peas** and **cheese** into the **sauce**. Cook so it's 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 too thick.

2



Hey Chorizo

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chorizo**, 3-4 mins.
- Stir the **chicken stock paste**, **creme fraiche** and **water** (see pantry) into the **chorizo**.
- Bring to the boil. Lower the heat and simmer, 2-3 mins.

4



Dinner's Ready!

- Serve your **pasta** in bowls.
- Top with the **rocket** and drizzle with the **balsamic glaze**.

Enjoy!