



Roasted Pepper, Mushroom and Chorizo Linguine with Tomato Sauce

Family 20 Minutes • 1 of your 5 a day

3



Bell Pepper



Linguine



Garlic Clove



Diced Chorizo



Sliced Mushrooms



Tomato Passata



Vegetable Stock
Paste



Sun-Dried
Tomato Paste



Grated Hard
Italian Style Cheese



Diced Chicken
Breast

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, baking tray, colander, garlic press and frying pan.

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 Chicken Breast**	1 pack	1 pack	1 pack
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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	406g	100g	536g	100g
Energy (kJ/kcal)	2483 / 594	612 / 146	3131 / 748	584 / 140
Fat (g)	17.6	4.3	20.0	3.7
Sat. Fat (g)	6.6	1.6	7.2	1.3
Carbohydrate (g)	80.2	19.7	80.3	15.0
Sugars (g)	12.6	3.1	12.6	2.4
Protein (g)	26.2	6.5	57.7	10.8
Salt (g)	3.8	0.94	4.0	0.75

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, cereals containing 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Roast the Pepper

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

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

c) Halve the **bell pepper** and discard the core and seeds. Cut into 2cm chunks and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

d) When the oven is hot, roast on the top shelf until softened, 15-18 mins.



Simmer your Sauce

a) Once the **oil** is hot, add the **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 add **chicken**, add it to the pan with the **chorizo** and **mushrooms**. Fry until golden, 3-4 mins, then continue as instructed. The **chicken** will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Linguine Time

a) While the **pepper chunks** roast, 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.



Combine and Stir

a) Once the **sauce** has thickened, combine the **roasted 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) Heat a drizzle of **oil** in a large frying pan on medium heat.



Serve

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

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

Enjoy!