











Chorizo Linguine in Creamy Sauce with Peas and Rocket

Quick 20-25 Minutes

14



-  Linguine
-  Garlic Clove
-  Diced Chorizo
-  Chicken Stock Paste
-  Creme Fraiche
-  Peas
-  Grated Hard Italian Style Cheese
-  Wild Rocket

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

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	60g	90g
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
Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	323g	100g
Energy (kJ/kcal)	3272 /782	1015 /242
Fat (g)	39.5	12.2
Sat. Fat (g)	21.2	6.6
Carbohydrate (g)	77.9	24.1
Sugars (g)	9.4	2.9
Protein (g)	29.1	9.0
Salt (g)	2.97	0.92

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

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.

Contact

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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.



Make your Creamy Sauce

- Stir the **chicken stock paste**, **crema 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.



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.



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.



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** and stir-fry for 30 secs.



Finish and Serve

- Share the **creamy chorizo linguine** between your bowls.
- Top with a handful of **rocket** to finish.

Enjoy!