



# Ultimate King Prawn and Chorizo Linguine

with Cheese, Garlic Bread and Rocket Salad

Ultimate 30-35 Minutes • 1 of your 5 a day

35



Demi Garlic Baguettes



Linguine



Diced Chorizo



Garlic Clove



Medium Tomato



Balsamic Glaze



Tomato Passata



Vegetable Stock Paste



King Prawns



Grated Hard Italian Style Cheese



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar



## Before you start

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

## Cooking tools

Baking tray, saucepan, colander, frying pan, garlic press and bowl.

## Ingredients

Ingredients	2P	3P	4P
Demi Garlic Baguettes <b>13</b>	2	3	4
Linguine <b>13</b>	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Balsamic Glaze <b>14</b>	12ml	24ml	24ml
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
King Prawns** <b>5</b>	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>549g</b>	<b>100g</b>
Energy (kJ/kcal)	4052 /968	739 /177
Fat (g)	36.8	6.7
Sat. Fat (g)	11.7	2.1
Carbohydrate (g)	121.9	22.2
Sugars (g)	17.8	3.2
Protein (g)	41.9	7.6
Salt (g)	5.39	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5)** Crustaceans **7)** Milk **8)** Egg **10)** Celery **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Place the **garlic baguettes** on a medium baking tray.

When the oven is hot, bake on the middle shelf of your oven until golden and piping hot, 12-15 mins.

Meanwhile, bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.



## Sauce Things Up

Stir in the **passata**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then turn the heat down and simmer for 3-4 mins.



## Chorizo Time

When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

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

Meanwhile, heat a large frying pan on medium-high heat (no oil).

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



## Bring on the Prawns

Meanwhile, drain the **prawns**.

Bring the **sauce** to a boil, then stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*

Once the **prawns** are cooked, add a splash of **water** to loosen if needed.

Add the **cooked linguine** and **hard Italian style cheese** to the **sauce**. Stir together, then taste and season with **salt** and **pepper** if needed.



## Finish Prepping

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

Cut the **tomato** into 1cm chunks. Pop into a medium bowl and drizzle over the **balsamic glaze** and **oil for the tomatoes** (see pantry for amount). Season with **salt** and **pepper**, mix well, then set aside.

Add the **garlic** to the **chorizo** and cook for 30 secs.



## Finish and Serve

When everything's ready, add the **rocket** to the bowl of **tomatoes** and toss to coat.

Share your **ultimate prawn and chorizo linguine** between your bowls.

Serve with the **garlic bread** and **salad** alongside.

## Enjoy!