



Bell Pepper, Mushroom and Chorizo Linguine with Tomato Sauce

14

Quick 20-25 Minutes • 2 of your 5 a day



Linguine



Bell Pepper



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

+ Double Diced Chorizo

If you chose to double chorizo, 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, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Bell Pepper***	1	1	2
Garlic Clove**	2	3	4
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**	120g	180g	240g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 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, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	410g	100g	440g	100g
Energy (kJ/kcal)	2500 / 597	610 / 146	3052 / 729	694 / 166
Fat (g)	17.6	4.3	28.4	6.5
Sat. Fat (g)	6.6	1.6	10.6	2.4
Carbohydrate (g)	81.1	19.8	82.1	18.7
Sugars (g)	14.2	3.5	14.4	3.3
Protein (g)	26.3	6.4	33.8	7.7
Salt (g)	3.79	0.93	5.52	1.25

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, 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.

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

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Cook the Linguine

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



Do the Prep

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



Time to Fry

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chorizo**, **sliced pepper** and **mushrooms**. Fry until golden, 4-5 mins.
- Add the **garlic** and cook for 30 secs more.

+ Double Diced Chorizo

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



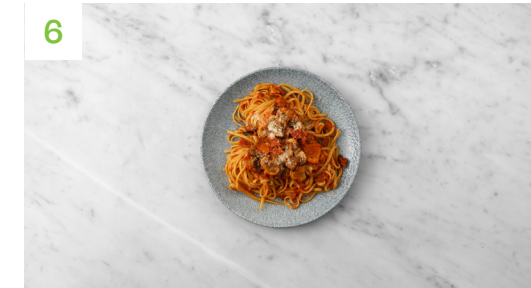
Simmer your Sauce

- Stir in the **passata**, **veg stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.
- Bring to the boil and simmer until thickened, 4-5 mins.



Combine and Stir

- Once the **sauce** has thickened, add the **cooked pasta** to the pan and toss to coat in the **sauce**.
- Stir through **half** the **cheese** until melted. Add a splash of **water** if it's a little too thick.
- Season to taste with **salt** and **pepper** if needed.



Serve Up

- Share the **linguine** between your bowls.
- Sprinkle over the remaining **cheese** to finish.

Enjoy!