



Chorizo Linguine in Creamy Sauce

with Peas, Rocket and Balsamic Glaze

8

Super Quick 15 Minutes • 1 of your 5 a day



Linguine



Diced Chorizo



Chicken Stock Paste



Creme Fraiche



Tomato Puree



Sun-Dried Tomato Paste



Peas



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Diced Chorizo

Pantry Items
Oil, Salt, Pepper

+ 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

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)	75g	120g	150g
Tomato Puree	30g	45g	60g
Sun-Dried Tomato Paste	25g	37g	50g
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
Diced Chorizo**	60g	90g	120g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	125ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	315g	100g	345g	100g
Energy (kJ/kcal)	2991 / 715	949 / 227	3543 / 847	1027 / 245
Fat (g)	29.2	9.3	40.0	11.6
Sat. Fat (g)	14.0	4.4	18.0	5.2
Carbohydrate (g)	82.9	26.3	83.8	24.3
Sugars (g)	13.8	4.4	14.0	4.0
Protein (g)	28.9	9.2	36.4	10.6
Salt (g)	3.43	1.09	5.15	1.49

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, 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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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.

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 in the **chicken stock paste**, **creme fraiche**, **tomato puree** and **water** (see pantry).
- Bring to the boil, then simmer, 2-3 mins.

+ Double Diced Chorizo

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

3



Sauce Time

- Meanwhile, drain the **pasta** and pop back in the pan. Drizzle with **oil** and stir through.
- Next, stir the **sun-dried tomato paste**, **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.

4



Dinner's Ready!

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

Enjoy!