



Bell Pepper, Mushroom and Chorizo Linguine with Cheesy Sun-Dried Tomato Sauce

26

Calorie Smart 20-25 Minutes • 2 of your 5 a day • Under 650 Calories



Linguine



Bell Pepper



Garlic Clove



Diced Chorizo



Sliced Mushrooms



Tomato Passata



Red Wine
Stock Paste



Grated Hard
Italian Style Cheese



Sun-Dried
Tomato Paste

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

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
Red Wine Stock Paste 14)	28g	42g	56g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Sun-Dried Tomato Paste	25g	50g	50g
Pantry	2P	3P	4P
Sugar*	¾ tsp	1 tsp	1½ 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	Per serving	Per 100g
for uncooked ingredient	428g	100g
Energy (kJ/kcal)	2713/648	634/151
Fat (g)	19.7	4.6
Sat. Fat (g)	8.3	1.9
Carbohydrate (g)	86.5	20.2
Sugars (g)	16.9	3.9
Protein (g)	29.0	6.8
Salt (g)	4.79	1.12

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.

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

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Linguine

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

b) When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 8 mins.

c) 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

a) Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

b) Peel and grate the **garlic** (or use a garlic press).



Time to Fry

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **chorizo**, **sliced pepper** and **mushrooms**. Fry until golden, 4-5 mins.

c) Add the **garlic** and cook for 30 secs more.



Simmer your Sauce

a) Stir in the **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.

b) Bring to the boil and simmer until thickened, 4-5 mins.



Combine and Stir

a) Once the **sauce** has thickened, add the **cooked pasta** to the pan and toss to coat in the **sauce**.

b) Stir through the **sun-dried tomato paste** and **cheese** until melted. Add a splash of **water** if it's a little too thick.

c) Season to taste with **salt** and **pepper** if needed.



Serve Up

a) Share the **linguine** between your bowls.

Enjoy!