



King Prawn and Chorizo Fresh Tagliatelle with Rocket Salad and Cheese

Premium 20-25 Minutes • **Medium Spice** • 2 of your 5 a day

37



Garlic Clove



Bell Pepper



Diced Chorizo



Sun-Dried
Tomato Paste



Tomato Passata



Chicken Stock Paste



Chilli Flakes



Fresh Tagliatelle



Cider Vinegar



King Prawns



Wild Rocket



Grated Hard
Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, frying pan, garlic press, saucepan, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Bell Pepper***	1	1	2
Diced Chorizo** 7)	60g	90g	120g
Sun-Dried Tomato Paste	25g	37g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	15g	25g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Cider Vinegar 14)	15ml	15ml	30ml
King Prawns** 5)	225g	300g	450g
Wild Rocket**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*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	571g	100g
Energy (kJ/kcal)	2568/614	450/107
Fat (g)	28.1	4.9
Sat. Fat (g)	9.6	1.7
Carbohydrate (g)	50.5	8.8
Sugars (g)	12.5	2.2
Protein (g)	38.8	6.8
Salt (g)	6.59	1.15


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 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.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

- Boil a full kettle.
- Heat a large frying pan on medium-high heat (no oil).
- Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Once the pan is hot, add the **chorizo** and stir-fry until it starts to brown, 2-3 mins.



Tagliatelle Time

- Meanwhile, pour the **boiled water** into a large saucepan with **½ tsp salt**.
- Add the **tagliatelle** and bring back to the boil. Cook until tender, 3-4 mins.
- In a large bowl, mix together the **olive oil for the dressing** (see pantry for amount), **cider vinegar** and a pinch of **salt, pepper** and **sugar**. Set the **dressing** aside for now.
- Once the **tagliatelle** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Add the Pepper

- Once the **chorizo** has started to brown, add the **sliced pepper** and fry until just soft, 3-4 mins (add a little oil if needed). Continue to stir while it cooks.
- Add the **garlic** and **sun-dried tomato paste**, then stir-fry until fragrant, 30 secs.



Cook the Prawns

- Once the **sauce** has thickened, bring to the 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.
- Season to taste with **salt** and **pepper**, then remove from the heat.
- Add the **cooked tagliatelle** to the **sauce** and toss to coat.



Sauce Things Up

- Stir the **passata**, **sugar** and **water for the sauce** (see pantry for both amounts), **chicken stock paste** and **chilli flakes** (add less if you'd prefer things milder) into the pan.
- Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Finish and Serve

- Just before serving, add the **rocket** to the bowl of **dressing** and toss to coat.
- Share the **prawn tagliatelle** between your bowls and spoon over any remaining **sauce**.
- Sprinkle over the **hard Italian style cheese**, then serve with the **rocket salad** alongside.

Enjoy!