



Roasted Pepper, Mushroom and Chorizo Linguine with Tomato Sauce and Pine Nuts

15

Rapid 20 Minutes • 2 of your 5 a day



Bell Pepper



Linguine



Garlic Clove



Pine Nuts



Chorizo



Sliced Mushrooms



Tomato Passata



Vegetable Stock Paste



Sun-Dried
Tomato Paste



Grated Hard Italian
Style Cheese



Grated Hard
Italian Style
Cheese

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on dairy,
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, baking tray, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Linguine 13)	180g	270g	360g
Garlic Clove**	1	1	2
Pine Nuts	7g	11g	15g
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
Grated Hard Italian Style Cheese** 7) 8)	20g	20g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	385g	100g	395g	100g
Energy (kJ/kcal)	2596 /620	675 /161	2750 /657	697 /167
Fat (g)	20.0	5.2	22.6	5.7
Sat. Fat (g)	6.8	1.8	8.6	2.2
Carbohydrate (g)	80.6	20.9	80.6	20.4
Sugars (g)	12.8	3.3	12.8	3.2
Protein (g)	26.9	7.0	30.1	7.6
Salt (g)	3.80	0.99	4.03	1.02

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, milk, egg, mustard, celery, soya, 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.

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Roast the Pepper

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **pasta**.
- Halve the **bell pepper** and discard the core and seeds. Cut into 2cm pieces and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until softened, 15-18 mins.



Simmer your Sauce

- Pop your (now empty) frying pan back on medium heat with a drizzle of **oil**.
- Once hot, add the **chorizo** and **mushrooms**. Fry until golden, 3-4 mins.
- Add the **garlic** and stir-fry for 30 secs, then 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.



Linguine Time

- While the **pepper chunks** roast, add the **linguine** to your pan of **boiling water** and 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.



Combine and Stir

- Once the **tomato sauce** has thickened, combine the **roasted pepper**, **cooked pasta** and **sauce** in whichever pan is the largest.
- Stir in **half the hard Italian style cheese**, adding a splash of **water** if it's a little too thick.
- Season to taste with **salt** and **pepper** if needed.

CUSTOM RECIPE

If you've chosen to double up on **hard Italian style cheese**, cook the recipe in the same way.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Heat a large frying pan on medium heat (no oil). Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Set aside in a small bowl.



Serve

- Share your **mushroom and chorizo linguine** between your bowls.
- Sprinkle with the **toasted pine nuts** and remaining **cheese** to finish.

Enjoy!