



Chorizo and Roasted Pepper Linguine with Sun-Dried Tomato Sauce, Parsley and Cheese

Classic 35-40 Minutes • Mild Spice • 4 of your 5 a day

5



Flat Leaf Parsley



Garlic Clove



Bell Pepper



Onion



Chorizo



Chilli Flakes



Linguine



Finely Chopped Tomatoes



Sun-Dried Tomato Paste



Chicken Stock Paste



Grated Hard Italian Style Cheese

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, garlic press, baking tray, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Onion**	1	1	1
Chorizo**	90g	120g	180g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Linguine 13	180g	270g	360g
Finely Chopped Tomatoes	1 carton	2 cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8)	25g	40g	40g

Pantry	2P	3P	4P
Sugar for the Sauce*	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 or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving 527g	Per 100g 100g
Energy (kJ/kcal)	3057 / 731	580 / 139
Fat (g)	24.5	4.6
Sat. Fat (g)	9.2	1.8
Carbohydrate (g)	92.7	17.6
Sugars (g)	22.7	4.3
Protein (g)	33.1	6.3
Salt (g)	4.98	0.94

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

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.


Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **pasta**.

Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and chop the **onion** into small pieces.



Pasta Time

Meanwhile, when your pan of **water** is boiling, add the **linguine** 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.



Roast the Pepper

Pop the **pepper** 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 soft and slightly charred, 15-18 mins. Turn halfway through.



Simmer your Sauce

Stir the **chopped tomatoes**, **sun-dried tomato paste**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **chorizo** pan. Season with **pepper**.

Simmer the **sauce** on medium heat until thickened, 8-10 mins.

Once thickened, stir through the **roasted pepper**.



Fry the Chorizo

While the **pepper** roasts, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **chorizo** and fry until it starts to brown, 2-3 mins.

Add the **onion** and cook until softened, 3-4 mins. Add a drizzle of **oil** if needed.

Once the **onion** has softened, add the **garlic** and **chilli flakes** (add less if you'd prefer things milder). Cook, stirring, for 1 min more.



Combine and Serve

When ready, add the **parsley** and **cooked linguine** to the **sauce**. Stir and toss well to combine.

Serve your **chorizo and pepper linguine** in bowls. Sprinkle over the **cheese** to finish.

Enjoy!