



# Chorizo Linguine in Creamy Sauce

with Peas, Rocket and Balsamic Glaze

10

Family 20 Minutes



Linguine



Garlic Clove



Chorizo



Chicken Stock Paste



Creme Fraiche



Peas



Grated Hard Italian Style Cheese



Rocket



Balsamic Glaze

**Pantry Items**  
Oil, Salt, Pepper



## 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, frying pan and colander.

## Ingredients

Ingredients	2P	3P	4P
Linguine <b>13</b> )	180g	270g	360g
Garlic Clove**	2	3	4
Chorizo**	60g	90g	120g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** <b>7</b> )	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	40g	40g
Rocket**	20g	40g	40g
Balsamic Glaze <b>14</b> )	12ml	24ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	125ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3331 /796	1139 /272
Fat (g)	39.5	13.5
Sat. Fat (g)	21.2	7.2
Carbohydrate (g)	81.2	27.8
Sugars (g)	12.4	4.2
Protein (g)	29.1	10.0
Salt (g)	2.93	1.00

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, 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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1



## Cook the Pasta

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

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.

4



## Make your Creamy Sauce

Stir the **chicken stock paste**, **creme fraiche** and **water for the sauce** (see pantry for amount) into the pan.

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.

Meanwhile, once the **pasta** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

2



## Garlic Prep

While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).

5



## Stir and Combine

Once the **sauce** has thickened, stir in the **peas** and the **hard Italian style cheese**. Cook until the **peas** are piping hot, 1-2 mins.

Stir in the **cooked pasta** then taste and season with **salt** and **pepper** if needed.

Add a splash of **water** if you feel it's needed.

3



## Fry the Chorizo

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

Once the pan is hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Next, add the **garlic**, stir-fry for 30 secs.

6



## Finish and Serve

Share the **creamy chorizo linguine** between your bowls.

Top with a handful of **rocket** and drizzle over the **balsamic glaze** to finish.

Enjoy!