



# Linguine in Creamy Spicy Tomato Sauce

with Peas, Charred Green Beans and Cheese

19

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Green Beans



Garlic Clove



Linguine



Sun-Dried  
Tomato Paste



Tomato Passata



Vegetable Stock  
Paste



Chilli Flakes



Greek Style  
Salad Cheese



Creme Fraiche



Peas



Rocket

**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.

## Cooking tools

Saucepan, garlic press, frying pan, lid, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	3	5	6
Linguine <b>13</b>	180g	270g	360g
Sun-Dried Tomato Paste	25g	25g	50g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Greek Style Salad Cheese** <b>7</b>	50g	100g	250g
Crema Fraiche** <b>7</b>	75g	150g	150g
Peas**	120g	240g	240g
Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½tsp	2 tsp
Water for the Sauce*	100ml	125ml	150ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2701/645	676/161
Fat (g)	21.6	5.4
Sat. Fat (g)	11.7	2.9
Carbohydrate (g)	87.7	21.9
Sugars (g)	16.5	4.1
Protein (g)	24.1	6.0
Salt (g)	2.42	0.61

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

## Allergens

**7)** Milk **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.

## Contact

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## Get Prepped

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

Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press).



## Make the Spicy Sauce

While the **pasta** cooks, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic**, sun-dried **tomato paste** and **sugar** for the sauce (see pantry for amount). Cook for 1 min.

Stir in the **passata**, **veg stock paste**, **half** the **chilli flakes** (use less if you'd prefer things milder) and **water for the sauce** (see pantry for amount). Season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until thickened, 6-7 mins.



## Char the Beans

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins.

Once charred, season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.



## Combine and Stir

Meanwhile, crumble the **Greek style salad cheese**. Once the **sauce** has thickened, stir in the **crema fraiche**, **cooked pasta**, **charred green beans** and **peas** until piping hot.

Taste and season again if needed. Add a splash of **water** if you feel it needs it.



## Pasta Time

Meanwhile, add the **linguine** to the pan of **boiling water** and bring back to the boil. Cook until tender, 10 mins.

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



## Finish and Serve

When ready, share the **spicy tomato linguine** between your bowls.

Top with the **crumbled Greek style salad cheese** and remaining **chilli flakes** if you'd like some more heat.

Serve the **rocket** alongside drizzled with a little **olive oil**.

## Enjoy!