



# Pepper, Mushroom and Chorizo Linguine with Tomato Sauce and Chives

**Rapid** 20 Minutes • 2 of your 5 a day

13



Bell Pepper



Garlic Clove



Chives



Linguine



Chorizo



Sliced Mushrooms



Tomato Passata



Vegetable Stock Paste



Sun-Dried  
Tomato 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, colander, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Linguine <b>13)</b>	180g	270g	360g
Chorizo**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2479 /593	654 /156
Fat (g)	17.6	4.7
Sat. Fat (g)	6.6	1.7
Carbohydrate (g)	80.0	21.1
Sugars (g)	12.5	3.3
Protein (g)	26.3	6.9
Salt (g)	4.14	1.09

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.

## Contact

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## Get Prepped

- Put a large saucepan of **water** on to the boil with **¼ tsp salt** for the **pasta**.
- Halve the **pepper** and discard the core and seeds. Cut into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **chives** (use scissors if easier).



## Simmer your Sauce

- Once the pan is hot, add the **pepper** and **mushrooms**. Fry until golden and starting to soften, 3-4 mins.
- Add the **garlic** and stir-fry for 30 secs, then stir in the **cooked chorizo, 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

- When your pan of **water** is boiling, add the **linguine** 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 **sauce** has thickened, combine the **cooked pasta** and **sauce** in whichever pan is largest.
- Stir in **half the chives** and **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.



## Fry the Chorizo

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- Once cooked, transfer the **chorizo** to a small bowl and pop the (now empty) frying pan on medium heat with a drizzle of **oil** if needed.



## Serve

- Share your **chorizo linguine** between your bowls.
- Sprinkle with the remaining **chives** and **cheese** to finish.

## Enjoy!