



Spicy King Prawn and Chorizo Tagliatelle with Rocket Salad and Cheese

29

Premium 25-30 Minutes • Medium Spice • 2 of your 5 a day



Red Onion



Garlic Clove



Green Pepper



Chorizo



Sun-Dried
Tomato Paste



Tomato Passata



Chicken Stock
Paste



Chilli Flakes



Fresh Tagliatelle



Chives



Cider Vinegar



King Prawns



Rocket



Grated Hard Italian
Style Cheese

Pantry Items
Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

| | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Red Onion** | 1 | 1 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Green Pepper** | 1 | 2 | 2 |
| Chorizo** | 60g | 90g | 120g |
| Sun-Dried Tomato Paste | 1 sachet | 1½ sachets | 2 sachets |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Sauce* | 150ml | 225ml | 300ml |
| Chicken Stock Paste | 15g | 25g | 30g |
| Chilli Flakes | 1 pinch | 1 pinch | 2 pinches |
| Fresh Tagliatelle** (8) 13) | 200g | 300g | 400g |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Cider Vinegar 14) | 1 sachet | 1 sachet | 2 sachets |
| King Prawns** 5) | 225g | 340g | 340g |
| Rocket** | 40g | 80g | 80g |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 40g | 40g |

*Not Included **Store in the Fridge

Nutrition

| for uncooked ingredient | Per serving | Per 100g |
|-------------------------|-------------------|------------------|
| Energy (kJ/kcal) | 563g 2516 /601 | 100g 447 /107 |
| Fat (g) | 24 | 4 |
| Sat. Fat (g) | 9 | 2 |
| Carbohydrate (g) | 51 | 9 |
| Sugars (g) | 12 | 2 |
| Protein (g) | 43 | 8 |
| Salt (g) | 5.45 | 0.97 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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.

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Get Started

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **tagliatelle**. Heat a large frying pan on medium-high heat (no oil). Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips. When the pan is hot, add the **chorizo** and stir-fry until it starts to brown, 2-3 mins.



Tagliatelle Time

Meanwhile, add the **tagliatelle** to the **boiling water** and bring back to the boil. Cook until tender, 3-4 mins. Roughly chop the **chives**. In a large bowl, mix together the **olive oil for the dressing** (see ingredients for amount), the **cider vinegar**, and a pinch of **salt, pepper** and **sugar**. Set the **dressing** aside for now. Once the **tagliatelle** is cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Fry the Veg

Once the **chorizo** has started to brown, add the **onion** and **pepper** and fry until just soft, 3-4 mins (add a little oil if needed). Continue to stir while it cooks. Add the **garlic** and **sun-dried tomato paste**, then stir-fry until fragrant, 30 secs.



Cook the Prawns

Once the **sauce** has thickened, stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle. Season to taste with **salt** and **pepper**, then remove from the heat. Add the **cooked tagliatelle** to the **sauce** and toss to coat.



Add the Flavour

Add the **passata**, **sugar** and **water for the sauce** (see ingredients for both amounts), **chicken stock paste** and **chilli flakes** (use less if you don't like too much heat) to the pan. Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Serve

Just before serving, add the **rocket** to the bowl of **dressing** and toss to coat. **TIP:** Don't do this too early or the leaves will become soggy. Divide the **spicy tagliatelle** between your bowls and spoon over any remaining **sauce**. Sprinkle over the **cheese** and **chives**, then serve with the **rocket salad** alongside.

Enjoy!