



Ultimate King Prawn and Chorizo Linguine with Cheese, Garlic Ciabatta and Rocket Salad

35

Ultimate 30-35 Minutes • 2 of your 5 a day



Medium Tomato



Balsamic Glaze



Garlic Clove



Ciabatta



Linguine



Chorizo



Tomato Passata



Vegetable Stock Paste



King Prawns



Grated Hard Italian Style Cheese



Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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

Bowl, garlic press, saucepan, colander, frying pan, baking tray and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Medium Tomato	1	2	2
Balsamic Glaze 14)	12ml	24ml	24ml
Garlic Clove**	3	5	6
Ciabatta 13)	1	1½	2
Linguine 13)	180g	270g	360g
Chorizo**	90g	120g	180g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
King Prawns** 5)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3789 /906	781 /187
Fat (g)	34.0	7.0
Sat. Fat (g)	11.7	2.4
Carbohydrate (g)	101.2	20.9
Sugars (g)	15.2	3.1
Protein (g)	47.8	9.9
Salt (g)	5.82	1.2

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

Allergens

5) Crustaceans **7)** Milk **8)** Egg **10)** Celery **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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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **tomato** into 1cm chunks. Pop into a mixing bowl and drizzle over the **balsamic glaze** and **half** the **olive oil** (see pantry for amount). Season with **salt** and **pepper**, mix well, then set aside.

Peel and grate the **garlic** (or use a garlic press). Halve the **ciabatta**.

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



Sauce Things Up

Stir in the **passata**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then turn the heat down and simmer for 3-4 mins.

Meanwhile, lay the **ciabatta**, cut-side up, onto a baking tray. Spread over the remaining **garlic** and drizzle with the remaining **olive oil** (see pantry for amount).



Cook the Linguine

When your pan of **water** is boiling, add the **linguine** and bring back to the boil. 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.



Bring on the Prawns

Bake the **garlic ciabatta** on the top shelf of your oven until golden, 5-6 mins.

Meanwhile, drain the **prawns** and pat dry with kitchen paper.

Bring the **sauce** to a boil, then stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.*

Once the **prawns** are cooked, add a splash of **water** to loosen if needed.



Chorizo Time

Meanwhile, 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.

Add **half** the **garlic** and cook for 30 secs.



Finish and Serve

Add the **cooked linguine** and **three quarters** of the **grated hard Italian style cheese** to the **sauce**. Stir together, then taste and season with **salt** and **pepper** if needed.

Add the **rocket** to the bowl of **tomatoes** and toss to coat in the **dressing**.

Share your **ultimate prawn and chorizo linguine** between your bowls and sprinkle over the remaining **cheese**.

Serve with the **garlic ciabatta** cut diagonally into triangles and the **salad** alongside.

Enjoy!