



Roasted Pepper, Mushroom and Chorizo Linguine with Tomato Sauce

11

Family 20 Minutes • 2 of your 5 a day



Bell Pepper



Linguine



Garlic Clove



Diced Chorizo



Sliced Mushrooms



Finely Chopped Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Chees



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, baking tray, colander, garlic press and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|----------|----------|----------|
| Bell Pepper*** | 1 | 1 | 2 |
| Linguine 13 | 180g | 270g | 360g |
| Garlic Clove** | 1 | 1 | 2 |
| Diced Chorizo** | 60g | 90g | 120g |
| Sliced Mushrooms** | 120g | 180g | 240g |
| Finely Chopped Tomatoes | ½ carton | ¾ carton | 1 carton |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| Sun-Dried Tomato Paste | 25g | 50g | 50g |
| Grated Hard Italian Style Cheese** 7 8 | 20g | 40g | 40g |
| Diced Chicken Breast** | 260g | 390g | 520g |

| 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 | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 399g | 100g | 529g | 100g |
| Energy (kJ/kcal) | 2459 /588 | 617 /147 | 3106 /742 | 588 /140 |
| Fat (g) | 17.6 | 4.4 | 19.9 | 3.8 |
| Sat. Fat (g) | 6.6 | 1.6 | 7.2 | 1.4 |
| Carbohydrate (g) | 78.3 | 19.7 | 78.5 | 14.8 |
| Sugars (g) | 11.9 | 3.0 | 12.0 | 2.3 |
| Protein (g) | 26.2 | 6.6 | 57.7 | 10.9 |
| Salt (g) | 3.76 | 0.94 | 3.95 | 0.75 |

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Pepper

a) Preheat your oven to 240°C/220°C fan/gas mark 9.

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

c) Halve the **bell pepper** and discard the core and seeds. Cut into 2cm chunks and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

d) When the oven is hot, roast on the top shelf until softened, 10-12 mins.



Simmer your Sauce

a) Once the **oil** is hot, add the **diced chorizo** and **mushrooms**. Fry until golden, 3-4 mins.

b) Add the **garlic** and stir-fry for 30 secs, then stir in the **chopped tomatoes** (see ingredients for amount), **veg stock paste**, **sun-dried tomato paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

c) Season with **salt** and **pepper**. Bring to the boil and simmer until thickened, 4-5 mins.

CUSTOM RECIPE

If you've chosen to add **diced chicken**, add it to the pan with the **chorizo** and fry for 5-6 mins instead, then add the **garlic** and continue as instructed.

The **chicken** will cook through while simmering.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Cook the Pasta

a) While the **pepper chunks** roast, add the **linguine** to your pan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) 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

a) Once the **sauce** has thickened, combine the **roasted pepper**, **cooked pasta** and **sauce** in whichever pan is the largest.

b) Stir in **half** the **hard Italian style cheese**, adding a splash of **water** if it's a little too thick.

c) Season to taste with **salt** and **pepper** if needed.



Garlic Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Heat a drizzle of **oil** in a large frying pan on medium heat.



Serve

a) Share your **mushroom and chorizo linguine** between your bowls.

b) Sprinkle with the remaining **cheese** to finish.

Enjoy!