



Roasted Pepper and Mushroom Linguine with Walnuts and Chives

Rapid 20 Minutes • 1.5 of your 5 a day

N° 18



Closed Cup Mushrooms



Bell Pepper



Linguine



Garlic Clove



Chives



Chorizo



Tomato Purée



Finely Chopped
Tomatoes with Basil



Vegetable
Stock Powder



Sun-dried
Tomato Paste



Grated Italian
Style Hard Cheese



Walnuts



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

All of our fruits and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Baking Tray, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Closed Cup Mushrooms**	150g	225g	300g
Bell Pepper***	1	1	2
Linguine 13)	200g	300g	400g
Garlic Clove**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Chorizo**	60g	90g	120g
Tomato Purée	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1 ½ carton	2 cartons
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Sundried Tomato Paste	1 sachet	2 sachets	2 sachets
Water*	50ml	75ml	100ml
Grated Italian Style Hard Cheese 7 8)**	40g	60g	80g
Walnuts 2)	20g	40g	40g

*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

	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	2773 /663	531 /127
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	97	19
Sugars (g)	22	4
Protein (g)	28	5
Salt (g)	3.38	0.65
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	3251 /777	563 /135
Fat (g)	26	5
Sat. Fat (g)	8	1
Carbohydrate (g)	98	17
Sugars (g)	22	4
Protein (g)	36	6
Salt (g)	4.84	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Roast

- Preheat your oven to 220°C.
- Bring a large saucepan of **water** to the boil with 0.25 tsp of **salt** for the **pasta**.
- Thinly slice the **mushrooms**.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.
- Pop the **pepper pieces** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf until soft, 15-18 mins.



4 Cook the Sauce

- Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **mushrooms**, season with **salt** and **pepper** and stir-fry until golden brown, 3-4 mins.
- Stir in the **garlic** and cook, stirring, for 30 seconds. Stir in the **tomato purée**, followed by the **finely chopped tomatoes, vegetable stock powder, sundried tomato paste** and **water** (see ingredients for amount).

CUSTOM RECIPE

- If you've added **chorizo** to your meal, add to the pan before you add the **garlic, tomato purée** etc.
 - Fry until the **chorizo** is golden, 2-3 mins, add the **garlic**, cook for 30 seconds stirring frequently. Continue with the rest of the step and recipe as instructed.
- IMPORTANT:** Cook the chorizo throughout.



2 Cook the Pasta

- Add the **linguine** to the pan of boiling **water** and cook until tender, 12 mins then drain in a colander.
- Pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5 Finish Up

- Add a pinch of **sugar** and season with **salt** and **pepper**. Bring to the boil, then reduce the heat and simmer until thick and tomatoey, 4-5 mins.
- When they are ready, combine the **roasted pepper**, cooked **pasta** and **sauce** in whichever pan is the largest.
- Stir in **half** the **chives** and **half** the **hard Italian cheese**. **TIP:** Add a splash more water if it seems a bit dry. Season to taste with **salt** and **pepper** if needed.



3 Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press if you have one).
- Finely chop the **chives** (or use scissors).



6 Serve

- Serve in bowls.
- Finish with the **walnuts** and a sprinkling of the remaining **chives** and **cheese**.

Enjoy!