



Lightning Fast Alfredo Chorizo Linguine

with spinach and balsamic glaze

20 – 25 mins

2



Chorizo



Dried Linguine



Onion



Garlic



Creme Fraiche



Stock



Italian Herbs



Baby Spinach



Grated Italian Style Hard Cheese



Balsamic Glaze



Chorizo



Diced Irish Chicken Breast

Pantry Items: Butter, Oil, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Chorizo	90 g	180 g
Dried Linguine	180 g	360 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Crema Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Italian Herbs	1 sachet	2 sachets
Baby Spinach	60 g	120 g
Grated Italian Style Hard Cheese	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets
Chorizo	180 g	360 g
Diced Irish Chicken Breast	260 g	520 g

Nutrition

for uncooked ingredient	Recipe 1		Recipe 2	
	Per 100 g	Per 100 g	Per 100 g	Per 100 g
Energy (kJ/kcal)	1064 kJ/ 254 kcal	1109 kJ/ 265 kcal	820 kJ/ 196 kcal	
Fat (g)	12.4 g	14.1 g	7.2 g	
Sat. Fat (g)	6.5 g	6.9 g	4.2 g	
Carbohydrate (g)	25.4 g	22.7 g	19.5 g	
Sugars (g)	3.2 g	3 g	2.4 g	
Protein (g)	10.1 g	11.7 g	13.1 g	
Salt (g)	1 g	1.2 g	0.5 g	

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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Make the Linguine

- Boil a large pot of **salted water** for the **linguine**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Chorizo

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chorizo** and **onion**. Season with **salt** and **pepper**.
- Cook until the **chorizo** is browned and the **onion** has softened, 4-5 mins.
- Add the **garlic** to the pan and fry until fragrant, 1 min.



Simmer the Sauce

- Stir in the **crema fraiche**, **stock**, **Italian herbs** and 75ml **water** (per 2P).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Add the **spinach** to the sauce a handful at a time until wilted and piping hot, 1-2 mins.
- Add the **cheese** and 1 tbsp **butter** (per 2P) and stir until both have melted, 1-2 mins.



Coat the Pasta

- Stir the cooked **linguine** into the sauce.
- Season with **salt** and **pepper**.

Tip: Loosen the sauce with a splash of water if required.



Finish and Serve

- Share the cheesy Alfredo style **chorizo linguine** between bowls.
- Finish with a drizzle of **balsamic glaze**.

Enjoy!

CUSTOM OPTIONS



DICED IRISH CHICKEN BREAST

Swapping to diced chicken? Add to the hot pan with the onion, season as instructed and fry until browned, 6-8 mins.