



# Cajun Beef Strip Linguine

with bell pepper and Italian style cheese

Quick Cook 20-25 mins

15



Beef Strips



Dried Linguine



Grated Italian Style Hard Cheese



Beef Stock



Bell Pepper



Passata



Creme Fraiche



Red Wine Jus



Cajun Spice Mix

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



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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.

## Cooking tools you will need

Colander

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	25 g	50 g
Beef Stock	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Passata	1 pack	2 packs
Creme Fraiche	65 g	110 g
Red Wine Jus	1 sachet	2 sachets
Cajun Spice Mix	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>484 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3033.4 kJ/ 725 kcal	626.7 kJ/ 149.8 kcal
Fat (g)	15 g	3.1 g
Sat. Fat (g)	9.8 g	2 g
Carbohydrate (g)	88.9 g	18.4 g
Sugars (g)	20 g	4.1 g
Protein (g)	45.1 g	9.3 g
Salt (g)	3.6 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

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### Cook the Pasta

- 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, 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.



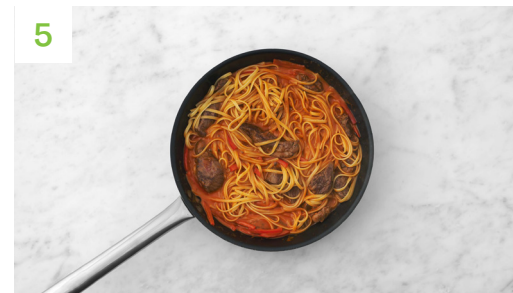
### Make the Sauce

- Stir in the **passata, creme fraiche, beef stock powder, red wine jus**, ½ tsp **sugar** and 75ml **water** (double both for 4p).
- Simmer for 6-8 mins.
- Add a splash of **water** if the sauce is too thick. Season to taste with **salt** and **pepper**.



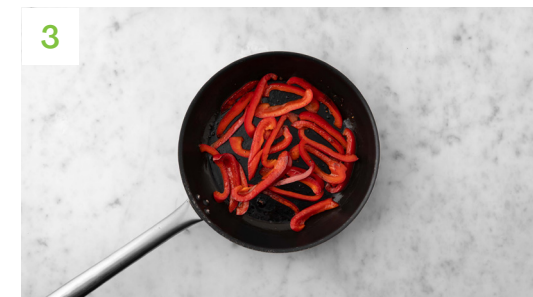
### Fry the Beef Strips

- Meanwhile, place a large pan over high heat with a drizzle of **oil**.
- Once hot, add the **beef strips** and season with **salt** and **pepper**.
- Fry until browned, shifting as they colour, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Once cooked, remove from the pan, set aside and cover to keep warm.



### Coat the Beef

- Just before serving, stir the **beef strips** and drained **pasta** into the sauce.
- Toss well and season to taste with **salt** and **pepper**, if required.



### Soften the Pepper

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Once empty, give the pan a wipe, then return to high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **pepper** and fry until softened, 3-4 mins. Continue to stir while it cooks.
- In the final min of cooking time, add the **Cajun spice** and fry until fragrant, 1 min.



### Garnish and Serve

- Share the Cajun **pasta** between plates.
- Finish by sprinkling over the **Italian cheese**.

**Enjoy!**