



Cajun-inspired Bell Pepper Linguine

with golden cheese and creamy tomato sauce

Veggie Quick Cook 20 – 25 mins • Optional spice

8



Dried Linguine



Grilling Cheese



Cajun Spice Mix



Onion



Passata



Creme Fraiche



Garlic



Chilli



Bell Pepper



Parsley

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



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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, grater

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Grilling Cheese	200 g	400 g
Cajun Spice Mix	2 sachets	4 sachets
Onion	1 unit	2 units
Passata	1 pack	2 packs
Crème Fraîche	65 g	110 g
Garlic	2 units	4 units
Chilli	1 unit	2 units
Bell Pepper	1 unit	2 units
Parsley	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	485 g	100 g
Energy (kJ/kcal)	3673.6 kJ/ 878 kcal	757.4 kJ/ 181 kcal
Fat (g)	35.3 g	7.3 g
Sat. Fat (g)	22.1 g	4.6 g
Carbohydrate (g)	96.7 g	19.9 g
Sugars (g)	23.7 g	4.9 g
Protein (g)	40 g	8.2 g
Salt (g)	4.3 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

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 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 return to 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.



Coat the Pasta

- Stir **half** the **crème fraîche** into the sauce.
- Add the **pasta** and cook, stirring, until everything is warmed through, 1-2 mins.
- Season to taste with **salt, pepper** and **sugar**.
- Roughly chop the **parsley** (stalks and all).



Prep the Veg

- Meanwhile, drain the **grilling cheese** then cut into slices (three per person). Add to a bowl of cold **water**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into small pieces.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **chilli** and discard the core and seeds. Finely chop.



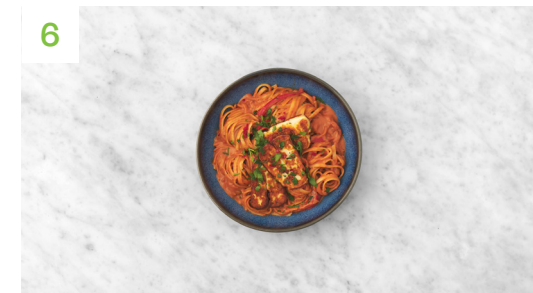
Fry the Grilling Cheese

- While the sauce simmers, place a separate pan (preferably non-stick) over medium-high heat with a drizzle of **oil**.
- Remove the **cheese** from the **water** and pat dry with kitchen paper.
- Once the pan is hot, add the **cheese** slices and fry until golden, 2-3 mins each side.



Simmer the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **pepper** and **onion** and season with **salt** and **pepper**. Cook until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and **Cajun spice** and fry until fragrant, 1 min more.
- Pour in the **passata**, 100ml **water** and ¼ tsp **sugar** (double both for 4p).
- Simmer together for 3-5 mins.



Garnish and Serve

- Divide hearty helpings of Cajun **linguine** between bowls.
- Top with the golden fried **cheese** and a dollop of **crème fraîche**.
- Finish off with a sprinkling of **parsley** and as much chopped **chilli** as you like (use less if you don't like spice).

Enjoy!