



Cheesy Alfredo Style Veggie Linguine with spinach, chives and balsamic glaze

Family Veggie 20 – 25 mins

9



Dried Linguine



Onion



Garlic



Creme Fraiche



Stock



Italian Herbs



Chives



Baby Spinach



Grated Italian Style Hard Cheese



Balsamic Glaze



Peas

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



Rate your recipe!

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
Onion	1 unit	2 units
Garlic	2 units	4 units
Creme Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Italian Herbs	1 sachet	2 sachets
Chives	5 g	10 g
Baby Spinach	60 g	120 g
Grated Italian Style Hard Cheese	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets
Peas	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	337.5 g	100 g
Energy (kJ/kcal)	2941.4 kJ/ 703 kcal	871.5 kJ/ 208.3 kcal
Fat (g)	28.3 g	8.4 g
Sat. Fat (g)	16.7 g	4.9 g
Carbohydrate (g)	86.3 g	25.6 g
Sugars (g)	13.2 g	3.9 g
Protein (g)	25.6 g	7.6 g
Salt (g)	1.9 g	0.6 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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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).
- Finely chop the **chives** (use scissors if you prefer).



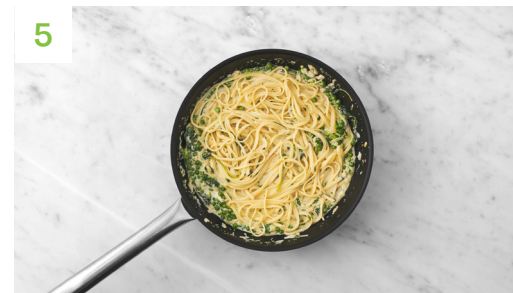
Soften the Onion

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**. Season with **salt** and **pepper**.
- Cook until 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 **creme fraiche**, **stock**, **Italian herbs** and 75ml **water** (double for 4p).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Add the **spinach** and **peas** to the sauce a handful at a time until wilted and piping hot, 1-2 mins.
- Add the **cheese** and 1 tbsp **butter** (double for 4p) and stir until both have melted, 1-2 mins.



Coat the Pasta

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

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



Finish and Serve

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

Enjoy!