



# Easy Chorizo & Olive Pasta

with Zucchini & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Zucchini



Carrot



Orecchiette



Mild Chorizo



Garlic Paste



Tomato Paste



Vegetable Stock Pot



Parmesan Cheese



Kalamata Olives



Mild Chorizo

### Recipe Update

We've replaced the semi-dried tomatoes in this recipe with kalamata olives due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins  
Ready in: 20-30 mins

Orecchiette literally means "little ears", and this bowl of pasta is like music to ours! Said pasta is cooked to al dente perfection, then tossed with a chorizo-olive studded sauce, complete with a sprinkle of sharp Parmesan. Tangy olives add the finishing touch.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
carrot	2	4
orecchiette	1 medium packet	2 medium packets
mild chorizo	1 packet (250g)	2 packets (500g)
garlic paste	1 packet	2 packets
tomato paste	1 packet	2 packets
vegetable stock pot	1 packet (20g)	2 packets (40g)
<b>butter*</b>	50g	100g
Parmesan cheese	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
mild chorizo**	1 packet (250g)	2 packets (500g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4530kJ (1083Cal)	858kJ (205Cal)
Protein (g)	40.8g	7.7g
Fat, total (g)	63.8g	12.1g
- saturated (g)	28.6g	5.4g
Carbohydrate (g)	83.3g	15.8g
- sugars (g)	17.5g	3.3g
Sodium (mg)	2377mg	450mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5944kJ (1421Cal)	910kJ (217Cal)
Protein (g)	61.3g	9.4g
Fat, total (g)	91.7g	14g
- saturated (g)	39.3g	6g
Carbohydrate (g)	84.8g	13g
- sugars (g)	19.1g	2.9g
Sodium (mg)	3735mg	572mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Cook the veggies

- Boil the kettle.
- Thinly slice **zucchini** into rounds. Finely chop **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **zucchini** and **carrot**, tossing occasionally, until golden and tender, **4-5 minutes**. Transfer to a bowl.

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## Bring it all together

- To the pan with the chorizo, add **garlic paste** and **tomato paste**. Cook until fragrant, **1 minute**.
- Add **vegetable stock pot**, **reserved pasta water** and the **butter**. Cook until slightly reduced, **1-2 minutes**.
- Stir in the cooked **pasta** and **veggies**. Add half the **Parmesan cheese**. Toss to coat. Season with **salt** and **pepper** to taste.

2



## Cook the pasta & chorizo

- Pour the boiled water into a large saucepan over high heat with a generous pinch of **salt**. Bring to the boil, then add **orecchiette**. Cook until 'al dente' (cooked through but still slightly firm in the centre), **8 minutes**.
- Meanwhile, roughly chop **mild chorizo**. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chorizo**, tossing, until golden, **4-6 minutes**.
- When the pasta is ready, reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain **pasta** and return to saucepan.

**Custom Recipe:** If you've doubled your mild chorizo, cook it in batches for best results.

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## Serve up

- Divide chorizo pasta between bowls.
- Top with **kalamata olives** and remaining Parmesan to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)