

with Zucchini & Parmesan

KID FRIENDLY















Spaghetti



Mild Chorizo





Garlic Paste

Tomato Paste



Chicken Stock



Parmesan Cheese



Semi-Dried Tomatoes





We've replaced the

orecchiette in this recipe with spaghetti 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 This bowl of pasta is like music to ours! Spaghetti is cooked to al dente perfection, then tossed with a chorizo-studded sauce, complete with a sprinkle of sharp Parmesan. Tangy semi-dried tomatoes add the finishing touch.

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
olive oil*	refer to method	refer to method
zucchini	1	2
soffritto mix	1 medium bag	1 large bag
spaghetti	1 medium packet	1 large packet
mild chorizo	1 packet (250g)	2 packets (500g)
garlic paste	1 packet	2 packets
tomato paste	1 large packet	2 large packets
chicken stock pot	1 packet (20g)	2 packets (40g)
butter*	50g	100g
Parmesan cheese	1 medium packet	1 large packet
semi-dried tomatoes	½ packet	1 packet
mild chorizo**	1 packet (250g)	2 packets (500g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4530kJ (1082Cal)	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)	17.7g	3.4g
Sodium (mg)	2377mg	450mg

Custom Recipe

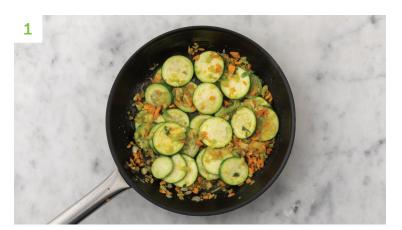
Avg Qty	Per Serving	Per 100g
Energy (kJ)	5944kJ (1420Cal)	910kJ (217Cal)
Protein (g)	61.3g	9.4g
Fat, total (g)	91.7g	14g
- saturated (g)	39.3g	6g
Carbohydrate (g)	84.8g	13g
- sugars (g)	19.2g	2.9g
Sodium (mg)	3735mg	572mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the veggies

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



Bring it all together

- Add garlic paste and tomato paste to pan with chorizo. Cook until fragrant, 1 minute.
- Add chicken 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.



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 spaghetti. Cook until 'al dente' (cooked through but still slightly firm in the centre), **10 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 chorizo in batches for best results.



Serve up

- Divide chorizo pasta between bowls.
- Top with semi-dried tomatoes (see ingredients) and remaining Parmesan to serve. Enjoy!

We're here to help!



