



Chorizo & Semi-Dried Tomato Pasta

with Zucchini & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Zucchini



Soffritto Mix



Spaghetti



Mild Chorizo



Garlic Paste



Tomato Paste



Chicken Stock Pot



Parmesan Cheese



Semi-Dried Tomatoes



Mild Chorizo

Recipe Update
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.

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
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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

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 **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.

4



Serve up

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

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