

# Cheesy Chorizo Pasta with Rocket Salad & Semi-Dried Tomato

**KID FRIENDLY** 

HELLOHERO

Grab your meal kit with this number





Semi-Dried Tomatoes



Mild Chorizo

Spaghetti





Garlic Paste

Nan's Special Seasoning



Light Cooking Cream

**Rocket Leaves** 



Parmesan Cheese



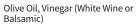
#### Recipe Update

We've replaced the fettuccine 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: 15-25 mins

Golden strands of pasta combine with semi-dried tomatoes, cream and smokey chorizo to create this simple but elegant meal, which will even get the kids' stamp of approval. Serve with a slightly peppery salad to balance out the richness and dinner is complete.





#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

#### You will need

Medium saucepan with a lid  $\cdot$  Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
semi-dried tomatoes	1 packet	2 packets
mild chorizo	1 packet	2 packets
spaghetti	¾ packet	1½ packets
snacking tomatoes	1 packet	2 packets
garlic paste	1 packet	4 packets
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
rocket leaves	1 small packet	2 small packets
vinegar* (white wine or balsamic)	drizzle	drizzle
Parmesan cheese	½ medium packet	1 medium packet

#### Nutrition

\*Pantry Items

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3996kJ (908cal)	908kJ (206cal)
Protein (g)	38.6g	8.8g
Fat, total (g)	54g	12.3g
- saturated (g)	22.5g	5.1g
Carbohydrate (g)	75.8g	17.2g
- sugars (g)	9.7g	2.2g
Sodium (mg)	1973mg	448.4mg
Dietary Fibre (g)	7.8g	1.8g

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.



#### Get prepped

- Boil the kettle. Roughly chop **semi-dried tomatoes** and **mild chorizo**.
- Cook spaghetti (see ingredients) in the boiling water until 'al dente',
  10 minutes. Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people), then drain pasta and return to pan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre. **Little cooks:** Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



### Bring it all together

- Return chorizo and snacking tomatoes to the pan, then add light cooking cream, cooked spaghetti, semi-dried tomatoes and reserved pasta water, tossing, until combined and heated through, 1 minute. Season with salt and pepper to taste.
- Meanwhile, in a large bowl, combine **rocket leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by combining the ingredients for the dressing and tossing the salad.

## Cook the chorizo & veggies

- While pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **chorizo** and **snacking tomatoes**, tossing, until golden, **4-5 minutes**. Transfer to a plate, leaving the residual oil in the pan.
- Return frying pan to medium-high heat. Add garlic paste and Nan's special seasoning and cook until fragrant, 1 minute.



#### Serve up

- Divide chorizo and semi-dried tomato pasta between bowls.
- Top with Parmesan cheese (see ingredients).
- Serve with rocket salad. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese over the pasta!

We're here to help! Scan here if you have any questions or concerns 2024 | CW51



+ DOUBLE MILD CHORIZO Follow method above, cooking in batches if necessary. **DOUBLE PARMESAN CHEESE** Follow method above. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

