

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



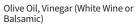
Recipe Update

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.

