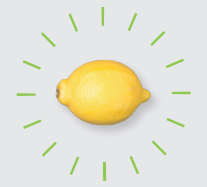




Chorizo, Parsley and Lemon-Butter Fettucine

with Parmesan



Add lemon juice to pasta for a fresh flavour



Mild Chorizo



Brown Onion



Garlic



Fettuccine



Baby Spinach Leaves



Parsley



Lemon



Parmesan Cheese

Pantry Staples: Olive Oil, Butter

Hands-on: **30 mins**
Ready in: **35 mins**

This is a dish that contradicts in all the right ways: it's sharp yet buttery, flavourful yet fast. Be sure to use just the right amount of fettuccine so that the flavour in the sauce sings, just as it should!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, chef's knife, chopping board, garlic crusher, colander, large frying pan, wooden spoon, box grater** and **tongs**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **mild chorizo**.

TIP: Don't worry if the chorizo crumbles, we're after a rustic look! Finely slice the **brown onion**. Peel and crush the **garlic**.



2 COOK THE PASTA

Add the **fettuccine (use suggested amount)** to the boiling water and cook for **11 minutes**, or until 'al-dente'. **TIP:** 'Al dente' means the pasta is cooked through but still has a bite of firmness in the middle.

Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it! Drain, return to the saucepan and toss with a drizzle of **olive oil** to prevent sticking.



3 COOK THE CHORIZO & ONION

While the fettuccine is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **chorizo** and the **brown onion** and cook for **8 minutes**, or until the onion has softened and the chorizo is golden. Add the crushed **garlic** and cook for **1 minute**, or until fragrant. Add the **baby spinach leaves** and cook for **1-2 minutes**, or until wilted.



4 CONTINUE PREPPING

While the chorizo and onion are cooking, finely chop the **parsley** leaves. Slice the **lemon** into wedges. Grate the **Parmesan cheese**.



5 MIX EVERYTHING TOGETHER

Add the **fettuccine, parsley** and **butter** to the pan with the chorizo. Toss to coat the fettuccine and then remove the pan from the heat. Season to taste with a **pinch of salt** and **pepper** and squeeze over the juice from a **lemon wedge**. **TIP:** Add as much or as little lemon juice as you like depending on your taste preference. **TIP:** Lemon can help to season and bring out the flavour in food the same way that salt does!



6 SERVE UP

Divide the chorizo, parsley and lemon-butter fettuccine between bowls and sprinkle over the Parmesan cheese.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
mild chorizo	1 packet	2 packets
brown onion	1	2
garlic	1 clove	2 cloves
fettuccine (use suggested amount)	¾ packet (200 g)	¾ packet (400 g)
baby spinach leaves	1 bag	1 bag
parsley	1 bunch	1 bunch
lemon	1	2
Parmesan cheese	½ block (25 g)	1 block (50 g)
butter*	20 g	40 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3710kJ (887Cal)	905kJ (216Cal)
Protein (g)	47.4g	11.6g
Fat, total (g)	37.6g	9.2g
- saturated (g)	14.5g	3.5g
Carbohydrate (g)	85.1g	20.8g
- sugars (g)	8.7g	2.1g
Sodium (g)	2270mg	554mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto>Hello@HelloFresh.com.au)

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