

Easy Chorizo & Semi-Dried Tomato Pasta

with Rocket & Parmesan Salad

Grab your Meal Kit with this symbol



Tomato



Semi-Dried Tomatoes



Carrot



Mild Chorizo



Fettuccine



Garlic Paste



Light Cooking Cream



Garlic & Herb Seasoning



Nan's Special Seasoning



Grated Parmesan Cheese



Rocket Leaves

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 20-30 mins

Golden strands of fettuccine combine with tomato, silky cream and smokey chorizo to create this simple but elegant meal. Serve with a peppery and sharp salad to balance out the richness and dinner is complete.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
semi-dried tomatoes	1 packet	2 packets
carrot	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
fettuccine	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
Nan's special seasoning	1 sachet	2 sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4401kJ (1051Cal)	869kJ (207Cal)
Protein (g)	47g	9.3g
Fat, total (g)	52.1g	10.3g
- saturated (g)	21.1g	4.2g
Carbohydrate (g)	93.1g	18.4g
- sugars (g)	20.3g	4g
Sodium (mg)	2487mg	491mg

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

- Bring a large saucepan of salted water to the boil.
- Roughly chop **tomato** and **semi-dried tomatoes**. Grate **carrot**. Cut **mild chorizo** into 1cm-thick half-moons.
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**. Drain, reserving some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Return pasta to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Bring it all together

- Add **light cooking cream**, **garlic & herb seasoning** and **Nan's special seasoning** to frying pan and cook, stirring, until slightly thickened, **1 minute**.
- Return **chorizo** to frying pan, then add cooked **fettuccine**, **semi-dried tomatoes** and reserved **pasta water**. Cook, tossing, until combined and heated through, **1 minute**.
- Stir through 1/2 the **grated Parmesan cheese**.



Cook the chorizo & veggies

- While pasta is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Cook **chorizo**, tossing, until golden, **4-5 minutes**. Transfer to a plate, leaving the residual oil in the pan.
- Return frying pan to a medium-high heat. Cook **tomato** and **carrot**, stirring occasionally, until slightly softened, **6-7 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.



Serve up

- In a large bowl, combine a drizzle of **balsamic vinegar** and olive oil. Season with **salt** and **pepper**, then add **rocket leaves**, tossing to coat. Top with remaining Parmesan.
- Divide chorizo and semi-dried tomato pasta between bowls.
- Serve with rocket and Parmesan salad.

Enjoy!