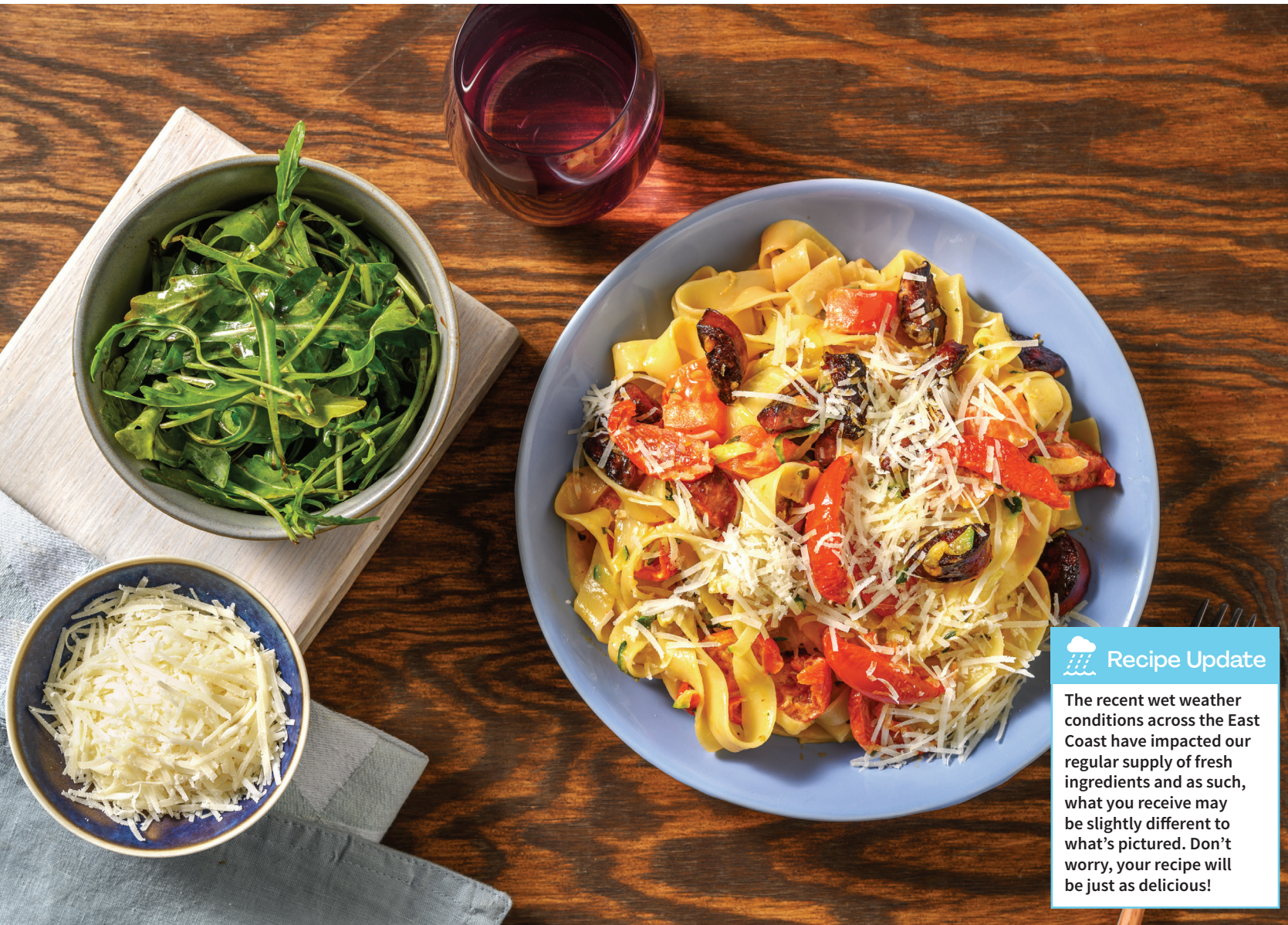




# Easy Chorizo & Semi-Dried Tomato Pasta

with Green Salad & Parmesan

Grab your Meal Kit with this symbol



Tomato



Carrot



Mild Chorizo



Fettuccine



Garlic Paste



Light Cooking Cream



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Semi-Dried Tomatoes



Salad Leaves



Grated Parmesan Cheese

### 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, cream and smokey chorizo to create this simple but elegant meal. Serve with a peppery rocket and sharp Parmesan 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.

**NOTE:** 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                   |
| carrot                     | 1                  | 2                   |
| mild chorizo               | 1 packet<br>(250g) | 2 packets<br>(500g) |
| fettuccine                 | 1 packet           | 2 packets           |
| garlic paste               | 1 packet           | 2 packets           |
| light cooking cream        | 1 medium packet    | 1 large packet      |
| garlic & herb seasoning    | 1 sachet           | 2 sachets           |
| chicken-style stock powder | 1 medium sachet    | 1 large sachet      |
| semi-dried tomatoes        | 1 packet           | 2 packets           |
| balsamic vinegar*          | drizzle            | drizzle             |
| salad leaves               | 1 small bag        | 1 medium bag        |
| grated Parmesan cheese     | 1 packet<br>(30g)  | 2 packets<br>(60g)  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4362kJ (1043Cal) | 867kJ (207Cal) |
| Protein (g)      | 46.6g            | 9.3g           |
| Fat, total (g)   | 52.1g            | 10.4g          |
| - saturated (g)  | 21.1g            | 4.2g           |
| Carbohydrate (g) | 91.8g            | 18.2g          |
| - sugars (g)     | 19.2g            | 18.2g          |
| Sodium (mg)      | 2673mg           | 531mg          |

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

- Bring a large saucepan of salted water to the boil.
- Roughly chop **tomato**. 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 the **pasta** to the 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 **chicken-style stock powder** to frying pan and cook, stirring, **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**. Season with **salt** and **pepper** to taste.
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **salad leaves**, tossing to coat. Top with 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 the **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

- Divide chorizo and semi-dried tomato pasta between bowls. Top with remaining Parmesan cheese.
- Serve with green salad.

## Enjoy!

## Rate your recipe

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