



Easy Chorizo & Semi-Dried Tomato Pasta

with Green 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



Mixed Leaves

Recipe Update
The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **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, which will even get the kids' stamp of approval (they can help you whip this one up, too). Serve with a slightly peppery 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 medium sachet	2 medium sachets
Nan's special seasoning	1 medium sachet	2 medium sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4232kJ (1011Cal)	853kJ (203Cal)
Protein (g)	45.6g	9.2g
Fat, total (g)	51.9g	10.5g
- saturated (g)	21.1g	4.3g
Carbohydrate (g)	86.7g	17.5g
- sugars (g)	18.7g	3.8g
Sodium (mg)	2609mg	526mg

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 the **carrot**. Slice **mild chorizo** into 1cm-thick half-moons.
- Cook **fettuccine** in the boiling water until 'al dente', **9 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and return to pan.

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

- Add **light cooking cream**, **garlic & herb seasoning** and **Nan's special seasoning** and cook, stirring, until slightly thickened, **1 minute**.
- Return **chorizo** to 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**. Season with **salt** and **pepper** to taste.
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **mixed leaves**, tossing to coat.

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**, tossing, until golden, **4-5 minutes**. Transfer to a plate, leaving the residual oil in the pan.
- Return frying pan to 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 fettuccine between bowls. Top with remaining Parmesan cheese.
- Serve with green salad.

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

Enjoy!