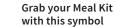


# Quick Chorizo & Semi-Dried Tomato Pasta

with Zucchini & Parmesan

KID FRIENDLY













Tomato Paste





Mild Chorizo





Chicken Stock

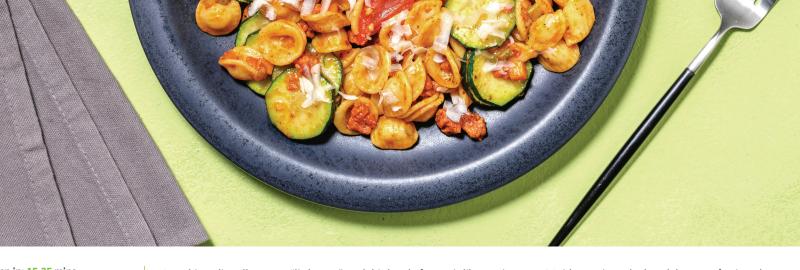




Semi-Dried Tomatoes



Cheese



Prep in: 15-25 mins Ready in: 20-30 mins

Orecchiette literally means "little ears", and this bowl of pasta is like music to ours! Said pasta is cooked to al dente perfection, then tossed with a chorizo-studded sauce, complete with a sprinkle of sharp Parmesan. Tangy semi-dried tomatoes add the finishing touch. **Pantry items** Olive Oil, Butter

# 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 frying pan · Large saucepan

#### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
soffritto mix	1 medium bag	1 large bag
orecchiette	1 medium packet	2 medium packets
mild chorizo	1 packet (250g)	2 packets (500g)
garlic paste	1 packet	2 packets
tomato paste	1 packet	2 packets
chicken stock pot	1 packet (20g)	2 packets (40g)
butter*	50g	100g
shaved Parmesan cheese	1 medium packet	1 large packet
semi-dried tomatoes	½ packet	1 packet
mild chorizo**	1 packet (250g)	2 packets (500g)

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Avg Qtg	9	•
Energy (kJ)	4508kJ (1077Cal)	974kJ (233Cal)
Protein (g)	44.6g	9.6g
Fat, total (g)	61.2g	13.2g
- saturated (g)	27.2g	5.9g
Carbohydrate (g)	83.4g	18g
- sugars (g)	17.7g	3.8g
Sodium (mg)	2443mg	528mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5945kJ (1421Cal)	1011kJ (242Cal)
Protein (g)	70.4g	12g
Fat, total (g)	86.7g	14.7g
- saturated (g)	36.5g	6.2g
Carbohydrate (g)	85.8g	14.6g
- sugars (g)	20g	3.4g
Sodium (mg)	3868mg	658mg

The quantities provided above are averages only.

### **Allergens**

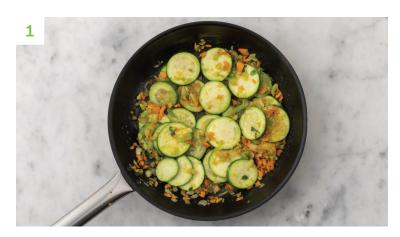
Always read product labels for the most up-to-date allergen information.

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



Scan here if you have any questions or concerns





# Cook the veggies

- Boil the kettle.
- Thinly slice zucchini into rounds.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook soffritto mix and zucchini, tossing occasionally, until golden and tender,
  4-5 minutes. Transfer to a bowl.



# Bring it all together

- To the pan with the chorizo, add garlic paste and tomato paste. Cook until fragrant, 1 minute.
- Add chicken stock pot, reserved pasta water and the butter. Cook until slightly reduced, 1-2 minutes.
- Stir in the cooked **pasta** and **veggies**. Add 1/2 the **shaved Parmesan cheese**. Toss to coat. Season with **salt** and **pepper** to taste.



# Cook the pasta & chorizo

- Pour the boiled water into a large saucepan over high heat with a generous pinch of **salt**. Bring to the boil, then add **orecchiette**. Cook until 'al dente' (cooked through but still slightly firm in the centre), **8 minutes**.
- Meanwhile, roughly chop mild chorizo. Return frying pan to medium-high heat with a drizzle of olive oil. Cook chorizo, tossing, until golden, 4-6 minutes.
- When the pasta is ready, reserve some pasta water (1/2 cup for 2 people / 1 cup for 4 people), then drain pasta and return to saucepan.

**Custom Recipe:** If you've doubled your mild chorizo, cook it in batches for best results.



# Serve up

- Divide chorizo pasta between bowls.
- Top with semi-dried tomatoes (see ingredients) and remaining Parmesan to serve. Enjoy!