



Quick Chorizo & Semi-Dried Tomato Pasta

with Zucchini & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Orecchiette



Tomato Paste



Soffritto Mix



Mild Chorizo



Garlic Paste



Chicken Stock Pot



Grated Parmesan Cheese



Semi-Dried Tomatoes



Mild Chorizo

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

| | 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 | 2 packets | 4 packets |
| chicken stock pot | 1 packet (20g) | 1 packet (40g) |
| butter* | 50g | 100g |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| 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 |
|------------------|------------------|----------------|
| Energy (kJ) | 4531kJ (1083Cal) | 974kJ (233Cal) |
| Protein (g) | 45g | 9.7g |
| Fat, total (g) | 61.6g | 13.2g |
| - saturated (g) | 27.3g | 5.9g |
| Carbohydrate (g) | 83.3g | 17.9g |
| - sugars (g) | 17.8g | 3.8g |
| Sodium (mg) | 2461mg | 529mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------|
| Energy (kJ) | 5968kJ (1426Cal) | 1012kJ (242Cal) |
| Protein (g) | 70.7g | 12g |
| Fat, total (g) | 87.1g | 14.8g |
| - saturated (g) | 36.7g | 6.2g |
| Carbohydrate (g) | 85.7g | 14.5g |
| - sugars (g) | 20.2g | 3.4g |
| Sodium (mg) | 3886mg | 659mg |

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW40



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, stirring, 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 **grated 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.

Little cooks: Older kids, help add the pasta to the pan under adult supervision.

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!

Little cooks: Add the finishing touch by topping the dish with garnishes!

Rate your recipe

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