



Quick Chorizo & Semi-Dried Tomato Pasta

with Zucchini & Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Zucchini



Carrot



Orecchiette



Tomato Paste



Mild Chorizo



Garlic Paste



Chicken Stock Pot



Shaved 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
carrot	1	2
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 packet (26g)	1 packet (52g)
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)	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.

We're here to help!

Scan here if you have any questions or concerns



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1



Cook the veggies

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

3



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.

2



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 and return **pasta** 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.

4



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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