



Quick Creamy Chorizo Farfalle

with Cherry Tomatoes & Parmesan



Grab your Meal Kit with this symbol



PERTH VERSION



Snacking Tomatoes



Farfalle



Silverbeet



Plant-Based Cooking Cream



Chicken-Style Stock Powder



Garlic & Herb Seasoning



Parsley



Mild Chorizo



Shaved Parmesan Cheese

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

Golden 'bow ties' of farfalle combine with cherry tomatoes, cream and smokey chorizo to create an elegant meal fit for only the best. Add a sharp Parmesan garnish for dimension and dinner is complete.

Pantry items

Olive Oil

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
snacking tomatoes	1 punnet	2 punnets
farfalle	1 packet	2 packets
silverbeet	1 medium bag	1 large bag
mild chorizo	1 packet (250g)	2 packets (500g)
plant-based cooking cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4342kJ (1038Cal)	879kJ (210Cal)
Protein (g)	45.2g	9.1g
Fat, total (g)	55g	11.1g
- saturated (g)	15.5g	3.1g
Carbohydrate (g)	86.2g	17.4g
- sugars (g)	9.4g	1.9g
Sodium (mg)	2643mg	535mg

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.

1



Cook the pasta

- Boil the kettle.
- Slice **snacking tomatoes** in half. Cut **mild chorizo** into thin half-moons. Roughly chop **silverbeet**.
- Pour boiling water into a large saucepan over high heat. Add a pinch of **salt** and bring to the boil. Cook **farfalle** in boiling water until 'al dente', **12 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **pasta** and set aside.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Bring it all together

- Add **cooked pasta** and **shaved Parmesan cheese** to the frying pan and stir to combine.

2



Cook the chorizo

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **snacking tomatoes** and **chorizo**, stirring, until browned, **4-5 minutes**. Add **silverbeet** and cook until wilted, **1-2 minutes**. Add reserved **pasta water**, **plant-based cooking cream**, **chicken-style stock powder** and **garlic & herb seasoning** and cook until bubbling, **1 minute**.

4



Serve up

- Divide creamy chorizo and cherry tomato farfalle between bowls.
- Tear over **parsley** leaves to serve. Enjoy!

