



Chorizo Crusted Baked Penne with Cheese and Garlicky Tenderstem® Broccoli

Customer Favourites 30-35 Minutes • 1 of your 5 a day

40



Echalion Shallot



Garlic Clove



Mature Cheddar Cheese



Penne Pasta



Diced Chorizo



Panko Breadcrumbs



Chicken Stock Paste



Creme Fraiche



Tenderstem® Broccoli



Diced Chicken Thigh

Pantry Items

Oil, Salt, Pepper, Butter, Plain Flour

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, frying pan, colander, bowl, ovenproof dish and lid.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Penne Pasta 13)	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Panko Breadcrumbs 13)	25g	35g	50g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Tenderstem® Broccoli**	150g	200g	300g
Diced Chicken Thigh**	260g	390g	520g
Pantry	2P	3P	4P
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp
Butter for the Roux*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	465g	100g	595g	100g
Energy (kJ/kcal)	4075 / 974	876 / 209	4723 / 1129	794 / 190
Fat (g)	51.7	11.1	54.0	9.1
Sat. Fat (g)	26.7	5.7	27.4	4.6
Carbohydrate (g)	92.2	19.8	92.3	15.5
Sugars (g)	10.6	2.3	10.7	1.8
Protein (g)	35.1	7.5	66.6	11.2
Salt (g)	3.56	0.77	3.76	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

When your pan of **water** is boiling, add the **penne** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

While the **pasta** cooks, heat the **oil for the chorizo** (see pantry for amount) in a frying pan on medium-high heat.



Assemble your Bake

Add the **cooked pasta** to the **cheese sauce** and stir to combine. Add a splash of **water** to loosen if needed, then transfer to an ovenproof dish and sprinkle the **chorizo crumb** evenly over the top.

Bake on the top shelf of your oven until the **crumbs** are golden, 5-6 mins.

Once cooked, remove from your oven and leave to stand.



Make the Chorizo Crumb

Once hot, add the **chorizo** until it starts to brown, 1-2 mins - don't let it take on too much colour.

Once browned, transfer the **chorizo** and its **oil** to a small bowl. Stir in the **breadcrumbs**, season with **pepper**, then set aside for later.

CUSTOM RECIPE

If you've chosen to add **chicken**, add to the saucepan before the **butter** for the roux. Cook until browned all over, 5-6 mins, then add the **butter** and continue as instructed. The **chicken** will cook through while baking. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Cook the Broccoli

Meanwhile, clean your frying pan and pop it back on medium-high heat with a drizzle of **oil**. Halve any thick **broccoli stems** lengthways.

Once hot, add the **broccoli** and stir-fry for 1-2 mins. Add the **garlic** and fry for 1 min more.

Add a splash of **water** and immediately cover with a lid or some foil. Lower the heat to medium and allow to cook until the **broccoli** is tender, 4-6 mins. Remove from the heat.



Sauce Time

Melt the **butter for the roux** (see pantry for amount) in a saucepan on medium-high heat. Once the **butter** has melted, add the **shallot** and stir-fry until soft, 3-4 mins. Stir in the **flour** (see pantry for amount). Cook until it forms a **paste**, 1-2 mins - you've made a **roux**!

Gradually stir in the **water for the sauce** (see pantry for amount), followed by the **chicken stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins.

Stir in the **creme fraiche**, then remove from the heat. Add the **Cheddar cheese** and stir until melted. Taste and season with **salt** and **pepper** if needed.



Serve

Spoon the **baked penne** into bowls and serve the **broccoli** alongside.

Enjoy!