



Cheesy Chorizo Penne Gratin with Steam-Fried Tenderstem® Broccoli

Family 35-40 Minutes

3



Garlic Clove



Mature Cheddar
Cheese



Tenderstem® Broccoli



Penne Pasta



Diced Chorizo



Breadcrumbs



Chicken Stock
Paste



Creme Fraiche



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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, colander, frying pan, bowl, ovenproof dish and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	60g	90g	120g
Tenderstem® Broccoli**	80g	150g	150g
Penne Pasta 13	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Breadcrumbs 13	25g	35g	50g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** (7)	150g	225g	300g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	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*	152ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	374g	100g	504g	100g
Energy (kJ/kcal)	3973 /950	1064 /254	4620 /1104	918 /219
Fat (g)	51.4	13.8	53.8	10.7
Sat. Fat (g)	26.6	7.1	27.3	5.4
Carbohydrate (g)	87.7	23.5	87.8	17.4
Sugars (g)	6.8	1.8	7.0	1.4
Protein (g)	33.3	8.9	64.7	12.9
Salt (g)	3.55	0.95	3.75	0.74


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, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Cook the Pasta

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Halve any thick **broccoli stems** lengthways.

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.



Time to Grill

Stir the **creme fraiche** into the **sauce**, then remove from the heat. Sprinkle in the **Cheddar cheese** and stir until melted.

Stir the **cooked pasta** into the **cheese sauce**. Taste and season with **salt** and **pepper** if needed.

Add a splash of **water** to loosen if you feel it needs it, then transfer to an appropriately sized ovenproof dish. Sprinkle the **crumb** evenly over the top.

Pop under the grill until the **crumb** is golden, 5-6 mins.



Fry the Chorizo

While the **pasta** cooks, heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Meanwhile, in a small bowl, combine the **breadcrumbs** with the **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper** and set aside.

Heat your grill to high.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **chorizo**. Fry, 5-6 mins. Add the **chorizo** and cook for the remaining time, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Steam-Fry the Broccoli

Meanwhile, clean your frying pan and pop it back on medium-high heat with a drizzle of **oil**.

Once hot, add the **broccoli** and stir-fry for 2-3 mins. 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 and season with **salt** and **pepper**.



Make the Roux

Once the **chorizo** has browned, stir in the **garlic** and fry for 30 secs.

Add the **butter for the roux** (see pantry for amount) and allow it to melt. Stir in the **flour** (see pantry for amount) and cook until it forms a paste, 1-2 mins - you've made a **roux**!

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



Serve

Share the **cheesy chorizo penne gratin** between your bowls and serve the **broccoli** alongside.

Enjoy!