



# Speedy Creamy Chorizo and Sweetcorn Pasta with Pepper and Cheese

**Quick** 20 Minutes • 1 of your 5 a day

13



Rigatoni Pasta



Sweetcorn



Bell Pepper



Garlic Clove



Diced Chorizo



Creme Fraiche



Grated Hard Italian Style Cheese

## Recipe Update

Due to challenges with our supplier, you'll receive **bell pepper** instead of **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

## Pantry Items

Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Kettle, saucepan, colander, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b> )	180g	270g	360g
Sweetcorn	160g	255g	340g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Diced Chorizo**	90g	150g	180g
Crema Fraiche** <b>7</b> )	150g	225g	300g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	3768 /901	945 /228
Fat (g)	47.9	12.1
Sat. Fat (g)	25.0	6.3
Carbohydrate (g)	81.8	20.7
Sugars (g)	12.4	3.1
Protein (g)	34.1	8.6
Salt (g)	3.38	0.86

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

## Allergens

**7**) Milk **8**) Egg **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, mollusc, 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.

## Contact

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## Cook the Pasta

- Boil a full kettle, then pour the **boiled water** into a large saucepan on high heat.
- Add the **rigatoni** and  $\frac{1}{2}$  **tsp salt** to the **water** 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.



## Add the Garlic

- Stir in the **garlic** and cook for 30 secs.



## Prep Time

- While the pasta cooks, drain the **sweetcorn** in a sieve.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



## Finish the Sauce

- Once the **garlic** is fragrant, add the **crema fraiche** and **water for the sauce** (see pantry for amount) to the pan.
- Bring to the boil, stirring, then remove from the heat.
- Mix in **half** the **hard Italian style cheese**. Season to taste with **salt** and **pepper**.



## Get Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **chorizo**, **sliced pepper** and **sweetcorn** to the pan. Fry, stirring occasionally, until starting to brown, 4-5 mins.
- Once browned, lower the heat to medium.



## Combine and Serve

- Add the **cooked pasta** to the **sauce** and gently mix until well coated, reheating quickly if necessary.
- Serve your **chorizo and sweetcorn pasta** in large bowls with the remaining **cheese** sprinkled on top to finish.

Enjoy!