



# Cheesy Chorizo Pizza Inspired Pasta Bake

with Spinach and Garlic Ciabatta

39

Family 35-40 Minutes • 2 of your 5 a day



Garlic Clove



Ciabatta



Rigatoni Pasta



Onion



Chorizo Slices



Tomato Passata



Sun-Dried Tomato Paste



Chicken Stock Paste



Mixed Herbs



Mozzarella



Baby Spinach



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Bread, Sugar, Butter

### Make it Higher Protein

If you chose to make this recipe higher 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

Garlic press, baking tray, saucepan, colander, frying pan and ovenproof dish.

## Ingredients

| Ingredients                     | 2P        | 3P         | 4P        |
|---------------------------------|-----------|------------|-----------|
| Garlic Clove**                  | 3         | 4          | 6         |
| Ciabatta <b>13</b> )            | 1         | 2          | 2         |
| Rigatoni Pasta <b>13</b> )      | 180g      | 270g       | 360g      |
| Onion                           | 1         | 1          | 2         |
| Chorizo Slices** <b>7</b> )     | 50g       | 75g        | 100g      |
| Tomato Passata                  | 1 carton  | 1½ cartons | 2 cartons |
| Sun-Dried Tomato Paste          | 25g       | 37g        | 50g       |
| Chicken Stock Paste             | 10g       | 15g        | 20g       |
| Mixed Herbs                     | 1 sachet  | 1 sachet   | 2 sachets |
| Mozzarella** <b>7</b> )         | 1 ball    | 1½ balls   | 2 balls   |
| Baby Spinach**                  | 40g       | 100g       | 100g      |
| Diced British Chicken Breast**  | 240g      | 390g       | 480g      |
| <b>Pantry</b>                   | <b>2P</b> | <b>3P</b>  | <b>4P</b> |
| Olive Oil for the Garlic Bread* | 1 tbsp    | 1½ tbsp    | 2 tbsp    |
| Sugar for the Sauce*            | 1 tsp     | 1½ tsp     | 2 tsp     |
| Water for the Sauce*            | 75ml      | 125ml      | 150ml     |
| Butter*                         | 20g       | 30g        | 40g       |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 484g          | 100g     | 614g        | 100g     |
| Energy (kJ/kcal)        | 4641/1109     | 959/229  | 5288/1264   | 861/206  |
| Fat (g)                 | 32.0          | 6.6      | 34.3        | 5.6      |
| Sat. Fat (g)            | 14.6          | 3.0      | 15.2        | 2.5      |
| Carbohydrate (g)        | 103.3         | 21.3     | 103.4       | 16.8     |
| Sugars (g)              | 16.1          | 3.3      | 16.3        | 2.6      |
| Protein (g)             | 33.4          | 6.9      | 64.9        | 10.6     |
| Salt (g)                | 3.52          | 0.73     | 3.71        | 0.60     |


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, 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.

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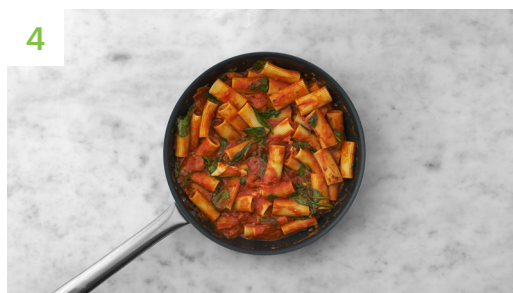
## Make the Garlic Ciabatta

Peel and grate the **garlic** (or use a garlic press).

Halve the **ciabatta** and lay onto one side of a large baking tray, cut-side up.

Spread over **half** the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Set aside for now.

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



## Cheese Please

Meanwhile, preheat your grill to high. Drain and tear the **mozzarella**.

Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

Stir the **butter**, **cooked pasta** and **half** the **mozzarella pieces** into the **sauce** until the **cheese** has melted.

Taste and season with **salt** and **pepper**. Add a splash of **water** if the **sauce** is looking a little thick.



## Cook the Pasta

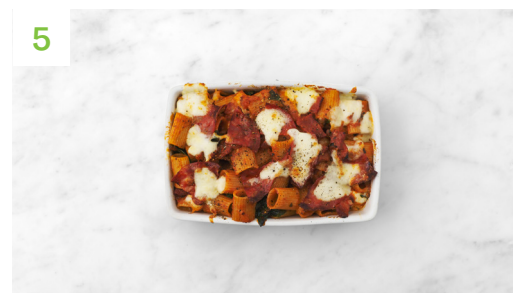
When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

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

Meanwhile, halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and fry until softened, 4-5 mins. Meanwhile, tear **half** the **chorizo slices** into small pieces.



## Get Grilling

Transfer the **tomato pasta** to an appropriately sized ovenproof dish. Top with the remaining **mozzarella pieces**, then lay the remaining **chorizo slices** on top.

Pop your ovenproof dish onto the baking tray alongside the **garlic ciabatta**. Grill until the **ciabatta** is golden and the **pasta** is bubbling, 5-6 mins. **TIP: Grill them separately if you run out of space.**

When the **garlic ciabatta** is ready, cut in half diagonally.



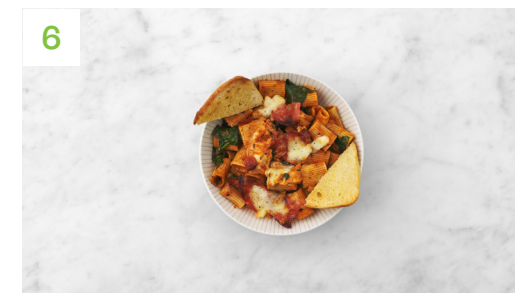
## Sauce Things Up

Once softened, add the **chorizo pieces** and remaining **garlic** to the pan. Fry until fragrant, 1 min.

Stir in the **passata**, **sun-dried tomato paste**, **chicken stock paste**, **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.

## Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **onion**, then continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



## Serve Up

Share the **pizza inspired pasta bake** between your serving bowls.

Serve the **garlic ciabatta** alongside.

## Enjoy!