



# Chorizo Crusted Baked Penne with Cheese and Garlicky Tenderstem® Broccoli

Family 30-35 Minutes • 1 of your 5 a day

3



Echalion Shallot



Garlic Clove



Mature Cheddar  
Cheese



Chives



Penne Pasta



Diced Chorizo



Breadcrumbs



Vegetable Stock  
Paste



Creme Fraiche



Tenderstem® Broccoli



Sliced  
Mushrooms

### Pantry Items

Oil, Salt, Pepper, Butter, Plain Flour

### Make it Vegetarian

If you chose to make this recipe veggie,  
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
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Chives**	1 bunch	1 bunch	1 bunch
Penne Pasta 13)	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Breadcrumbs 13)	25g	35g	50g
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Tenderstem® Broccoli**	150g	200g	300g
Sliced Mushrooms**	120g	180g	240g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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
<b>for uncooked ingredient</b>	<b>468g</b>	<b>100g</b>	<b>498g</b>	<b>100g</b>
Energy (kJ/kcal)	4084 / 976	873 / 209	3550 / 848	713 / 170
Fat (g)	51.8	11.1	41.1	8.3
Sat. Fat (g)	26.6	5.7	22.7	4.6
Carbohydrate (g)	92.4	19.8	91.7	18.4
Sugars (g)	10.6	2.3	10.6	2.1
Protein (g)	35.1	7.5	28.2	5.7
Salt (g)	3.64	0.78	1.92	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 10) Celery 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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## 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** for the **pasta**.

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

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.



## 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

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

Once hot, add the **chorizo** until it starts to brown, 1-2 mins.

Once browned, transfer the **chorizo** and carefully drain its **oil** into a small bowl with the **breadcrumbs**. Season with **pepper**, stir to combine, then set the **chorizo crumb** aside.

### Make it Vegetarian

If you've chosen the veggie version, fry the **breadcrumbs** in the **oil**. Season and fry, stirring regularly, until toasted, 3-4 mins. **TIP:** Watch it like a hawk as they can burn easily. Add the **mushrooms** to the pan with the **shallot** in the next step.



## Steam-Fry 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, 4-5 mins. Remove from the heat.



## Make the Roux

Melt the **butter for the roux** (see pantry for amount) in a saucepan on medium-high heat. Once hot, add the **shallot**. Stir-fry until softened, 3-4 mins, then 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 **veg stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins.

Stir in the **creme fraiche** and **half** the **chives**, 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 sprinkle the remaining **chives** over the top.

Serve the **broccoli** alongside.

## Enjoy!