



Creamy Cajun Parma Ham Filled Pasta with Charred Corn and Spinach

44

Super Quick 10-15 Minutes • **Medium Spice** • 1 of your 5 a day



Sweetcorn



Parma Ham & Parmigiano
Reggiano Filled Pasta



Tomato Puree



Cajun Spice Mix



Chicken Stock Paste



Creme Fraiche



Baby Spinach



Grated Hard Italian
Style Cheese

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Frying pan, kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Sweetcorn	160g	240g	320g
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Honey*	1 tbsp	1½tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	367g	100g
Energy (kJ/kcal)	2423 / 579	661 / 158
Fat (g)	26.9	7.3
Sat. Fat (g)	15.3	4.2
Carbohydrate (g)	62.7	17.1
Sugars (g)	19.1	5.2
Protein (g)	20.8	5.7
Salt (g)	3.75	1.02

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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Get Started

- Drain the **sweetcorn**.
- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **sweetcorn**, 5-6 mins. Adjust the heat if necessary.
- Stir only twice - you want the **sweetcorn** to pick up some nice colour.



Pasta On

- Boil a full kettle.
- Pour the **boiled water** into a saucepan with ½ **tsp salt** on high heat.
- Boil the **filled pasta**, 3 mins.
- Drain and drizzle with **oil**.



Sauce Time

- Once the **sweetcorn** has charred, reduce the heat to medium-low.
- Stir in the **tomato puree**, **Cajun spice mix** (add less if you'd prefer things milder), **chicken stock paste**, **creme fraiche** and **water** (see pantry).
- Simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.



Dinner's Ready!

- Add the **cheese** and **honey** (see pantry). Taste and season with **salt** and **pepper** if needed.
- Stir in the **cooked pasta**. Add a splash of **water** if it's a little too thick.
- Serve in bowls.

Enjoy!