



Pizza Inspired Chorizo Pasta Bake

with Spinach and Garlic Ciabatta

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

5



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, Sugar, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, 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 13)	1	2	2
Rigatoni Pasta 13)	180g	270g	360g
Onion	1	1	2
Chorizo Slices** 7)	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** 7)	1 ball	1½ balls	2 balls
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
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.

You can recycle me!

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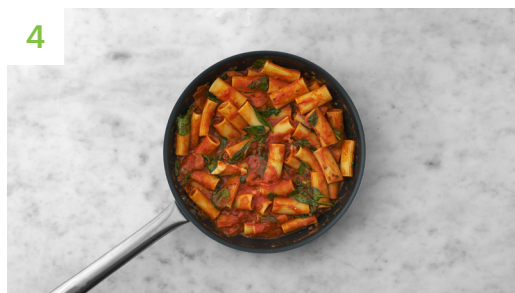
Make the Garlic Ciabatta

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.

Meanwhile, 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**. **TIP:** Add a splash of water if the sauce is looking a little thick.

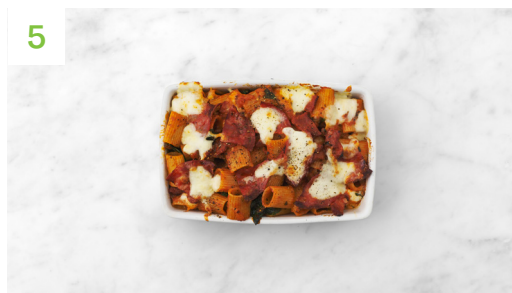


Cook the Pasta

When the **water** is 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. Tear **half** the **chorizo slices** into small pieces. Heat a drizzle of **oil** in a large frying pan on medium-high heat.



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

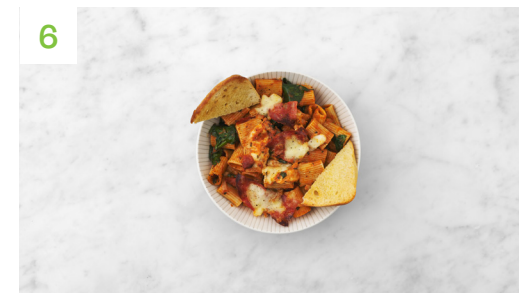
Once the **oil** is hot, add the **onion** and fry until softened, 4-5 mins.

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** and **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.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **onion**. Fry for the same amount of time, 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!