

# Super Quick Harissa and Parma Ham Pasta

## with Spinach and Cheese

**Super Quick** 15 Minutes • Mild Spice • 1 of your 5 a day



Tomato Passata



Harissa Paste



Dried Oregano



Red Wine Stock Paste



Parma Ham & Parmigiano Reggiano Filled Pasta



Ciabatta



Baby Spinach



Grated Hard Italian Style Cheese



Serrano Ham

**Pantry Items**

Oil, Salt, Pepper, Honey, Butter

**+ Add Serrano Ham**

If you chose to add Serrano ham, then just follow the instructions on the back of this card.

Happy cooking!

Super speedy, this Super Quick Harissa and Parma Ham Pasta is ready in just 15 minutes. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.





## 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

Kettle, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Tomato Passata	1 carton	1½ cartons	2 cartons
Harissa Paste <b>14)</b>	50g	75g	100g
Dried Oregano	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Parma Ham & Parmigiano Reggiano Filled Pasta** <b>7) 8) 13)</b>	250g	375g	500g
Ciabatta <b>13)</b>	1	2	2
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Serrano Ham**	2 slices	3 slices	4 slices
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	30g	40g	60g

\*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>402g</b>	<b>100g</b>	<b>417g</b>	<b>100g</b>
Energy (kJ/kcal)	3232 / 773	804 / 192	3379 / 807	810 / 194
Fat (g)	37.2	9.3	38.6	9.3
Sat. Fat (g)	17.9	4.5	18.3	4.4
Carbohydrate (g)	85.4	21.2	85.4	20.5
Sugars (g)	22.9	5.7	22.9	5.5
Protein (g)	24.5	6.1	30.0	7.2
Salt (g)	5.81	1.45	6.71	1.61


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 **14)** Sulphites

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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## Sauce Time

- Boil a half-full kettle for the **pasta**.
- Meanwhile, pop a large frying pan on medium heat.
- Add the **passata, harissa, oregano, red wine stock paste, honey** and **water** (see pantry for both).
- Stir to combine and bring to the boil. Simmer, 4-5 mins.

3



## Finishing Touches

- Next, halve the **ciabatta**.
- Toast the **ciabatta halves** in your toaster until golden. Drizzle with **oil** and season with **salt**.
- Add the **butter** (see pantry) and **spinach** to the **sauce** in handfuls, making sure it's piping hot, 1-2 mins.
- Gently stir in the **cooked pasta**.

2



## Cook Pasta

- Meanwhile, pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.
- Boil the **filled pasta**, 3 mins.
- Once cooked, drain and drizzle with **oil**.

4



## Dinner's Ready!

- Share the **pasta** between your bowls.
- Sprinkle over the **cheese**.
- Serve the **ciabatta** alongside.

## Enjoy!

**+ Add Serrano Ham**

If you're adding **Serrano ham**, top the **pasta** with it in the final step.