



# Chorizo Pasta e Ceci

with Charred Courgette

Classic 25-30 Minutes • 2 of your 5 a day

8



Courgette



Macaroni



Chorizo



Garlic Clove



Chickpeas



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

## 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, frying pan, bowl, aluminium foil, colander, garlic press and sieve.

## Ingredients

Ingredients	2P	3P	4P
Courgette**	1	2	2
Macaroni <b>13</b>	180g	270g	360g
Chorizo**	90g	120g	180g
Garlic Clove**	2	3	4
Chickpeas	½ carton	¾ carton	1 carton
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b> )	20g	30g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	430g	100g
Energy (kJ/kcal)	3220 /770	733 /175
Fat (g)	31.4	7.1
Sat. Fat (g)	14.0	3.2
Carbohydrate (g)	85.4	19.4
Sugars (g)	13.2	3.0
Protein (g)	33.6	7.6
Salt (g)	4.57	1.04

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, milk, egg, mustard, celery, soya, 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.

## Contact

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### Char the Courgette

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

Trim the **courgette** and slice into 1cm thick rounds. Heat a large frying pan on high heat (no oil).

Once hot, add the **courgette** and cook until charred, 3-4 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, transfer to a medium bowl. Drizzle with **oil**, season with **salt** and **pepper**, then gently toss. Cover with foil to keep warm.



### Sauce Things Up

Once the **chorizo** is browned, add the **garlic** to the pan and fry for 30 secs.

Add the **passata**, **chicken stock paste**, **chickpeas**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan, stirring to combine.

Bring to a boil, then reduce the heat to medium and simmer until thickened, 4-5 mins.



### Macaroni Time

Meanwhile, when your pan of **water** is boiling, stir in the **macaroni** and bring back to the boil. Cook until tender, 12 mins.

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



### Combine and Stir

Once thickened, add the **cooked macaroni**, **hard Italian style cheese** and **butter** (see pantry for amount) to your **chorizo sauce**. Stir until combined.

Add a splash of **water** to loosen if it's a little too thick. Taste and season with **salt** and **pepper** if needed.



### Fry the Chorizo

Wipe out the (now empty) frying pan and pop back on medium-high heat (no oil).

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve (see ingredients for amount).



### Serve

Share your **chorizo pasta e ceci** between your bowls.

Top with the **charred courgette** to finish.

### Enjoy!