



# Speedy Creamy Chorizo and Sweetcorn Pasta with Spinach and Cheese

Family 20 Minutes • 1 of your 5 a day

3



Rigatoni Pasta



Sweetcorn



Garlic Clove



Chorizo



Baby Spinach



Creme Fraiche



Grated Hard Italian Style Cheese



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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, colander, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta <b>13</b>	180g	270g	360g
Sweetcorn	150g	244g	326g
Garlic Clove**	2	3	4
Chorizo**	90g	150g	180g
Baby Spinach**	40g	60g	80g
Creme Fraiche** <b>7</b>	100g	150g	200g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	300g	100g	430g	100g
Energy (kJ/kcal)	3403 / 813	1134 / 271	4050 / 968	942 / 225
Fat (g)	39.8	13.3	42.2	9.8
Sat. Fat (g)	20.2	6.7	20.8	4.8
Carbohydrate (g)	79.0	26.3	79.1	18.4
Sugars (g)	9.7	3.2	9.8	2.3
Protein (g)	33.1	11.1	64.6	15.0
Salt (g)	3.31	1.1	3.51	0.8

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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## Cook the Pasta

**a)** Bring a large saucepan of **water** to the boil with **¼ tsp salt**.

**b)** When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

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



## Veg Things Up

**a)** Stir in the **garlic** and cook for 30 secs.

**b)** Add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



## Prep Time

**a)** While the **pasta** cooks, drain the **sweetcorn** in a sieve.

**b)** Peel and grate the **garlic** (or use a garlic press).



## Finish the Sauce

**a)** Once the **spinach** has wilted, add the **creme fraiche** and **water for the sauce** (see pantry for amount) to the pan.

**b)** Bring to the boil, stirring, then remove from the heat.

**c)** Mix in **half** the **grated hard Italian style cheese**. Season to taste with **salt** and **pepper**.



## Get Frying

**a)** Put a large frying pan on high heat (no oil).

**b)** Once hot, add the **chorizo** and **sweetcorn** to the pan. Fry, stirring occasionally, until starting to brown, 4-5 mins.

**c)** Once browned, lower the heat to medium.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, heat the pan with a drizzle of **oil** instead. Fry the **chicken** until browned all over, 4-5 mins, then add the **chorizo** and **sweetcorn** and continue as instructed. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



## Combine and Serve

**a)** Add the **cooked pasta** to the **sauce** and gently mix until well coated, reheating quickly if necessary.

**b)** Serve your **chorizo and sweetcorn pasta** in large bowls with the remaining **cheese** sprinkled on top to finish.

## Enjoy!