



Speedy Creamy Chorizo and Sweetcorn Pasta with Spinach and Cheese

3

Classic 20 Minutes • 1 of your 5 a day



Rigatoni Pasta



Sweetcorn



Echalion Shallot



Chorizo



Garlic Clove



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 13	180g	270g	360g
Sweetcorn	150g	244g	326g
Echalion Shallot**	1	1	2
Chorizo**	90g	150g	180g
Garlic Clove**	1	2	2
Baby Spinach**	40g	60g	80g
Creme Fraiche** 7	100g	150g	200g
Grated Hard Italian Style Cheese** 7 8	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	Per serving	Per 100g
for uncooked ingredient	335g	100g
Energy (kJ/kcal)	3452 /825	1031 /246
Fat (g)	39.9	11.9
Sat. Fat (g)	20.0	6.0
Carbohydrate (g)	82.8	24.7
Sugars (g)	12.7	3.8
Protein (g)	33.7	10.1
Salt (g)	3.32	0.99

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	4100 /980	882 /211
Fat (g)	42.2	9.1
Sat. Fat (g)	20.9	4.5
Carbohydrate (g)	82.9	17.8
Sugars (g)	12.9	2.8
Protein (g)	65.1	14.0
Salt (g)	3.51	0.76

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.



Prep Time

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

b) Halve, peel and thinly slice the **shallot**.

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



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. The chicken is cooked when no longer pink in the middle.



Veg Things Up

a) Add the **shallot** to the pan. Cook, stirring occasionally, until softened, 3-4 mins.

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

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



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**.



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!