

# **Speedy Creamy Chorizo & Sweetcorn Pasta** with Spinach



RAPID 20 Minutes • Little Heat • 1.5 of your 5 a day







Rigatoni Pasta



Sweetcorn









**Diced Chorizo** 





**Baby Spinach** 

Crème Fraîche







Chicken Stock Powder

Grated Italian Style Hard Cheese

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools, you will need:

Saucepan, Colander, Sieve, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

#### Ingredients

•			
	2P	3P	4P
Rigatoni Pasta 13)	200g	300g	400g
Sweetcorn	1 small tin	¾ large tin	1 large tin
Onion**	1	1	2
Garlic**	1 clove	2 cloves	2 cloves
Diced Chorizo**	120g	180g	240g
Chilli Flakes	a pinch	a pinch	a pinch
Baby Spinach**	1 small bag	1 large bag	2 small bags
Crème Fraîche 7)**	100g	150g	200g
Water for the sauce*	50ml	100ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs
*Not Included ** Store in the Fridge			

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	3904 /933	903/216
Fat (g)	44	10
Sat. Fat (g)	19	4
Carbohydrate (g)	97	22
Sugars (g)	14	3
Protein (g)	41	10
Salt (g)	5.04	1.17

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

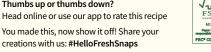
Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

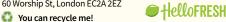
#### Contact

HelloFresh UK

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The Fresh Farm 60 Worship St, London EC2A 2EZ



Packed in the UK



#### 1. Cook the Pasta

- a) Fill a large saucepan with water and bring to the boil with 1/4 tsp of salt for the pasta.
- **b)** Once boiling, add the **rigatoni** to the pan and cook for 12 mins.
- c) Once cooked, drain in a colander and drizzle with a little oil.



# 2. Get Prepared

- a) Meanwhile, drain and rinse the sweetcorn in a sieve.
- **b)** Halve, peel and thinly slice the **onion**.
- c) Peel and grate the garlic (or use a garlic press).



# 3. Get Frving

- a) Put a large frying pan on high heat (no oil).
- b) Once hot, add the diced chorizo and sweetcorn to the pan.
- c) Fry until both the chorizo and sweetcorn are starting to brown, 4-5 mins, stirring occasionally.



#### 4. Start the Sauce

- a) Once browned, lower the heat to medium.
- b) Add the onion to the pan. Cook until softened, 3-4 mins, stirring occasionally.
- c) Mix in the garlic and a pinch of chilli flakes (careful, they're hot!). Cook for 30 seconds.
- d) Stir in the **spinach**, 1 handful at a time, until wilted.



### 5. Finish the Sauce

- a) Once the spinach has wilted, add the crème fraîche, water for the sauce (see ingredients list for amount) and the chicken stock powder into the pan.
- **b)** Stir to dissolve the **stock powder**.
- c) Bring to the boil then remove from the heat.
- d) Mix in half the hard Italian style cheese. Season to taste with salt and pepper.



# 6. Ready to Serve

- a) Add the drained pasta to the frying pan and gently mix until well coated in the sauce.
- b) Reheat quickly if necessary.
- c) Serve in large bowls with the remaining hard Italian style cheese sprinkled on top.

## **Eniov!**

#### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.