



Quick Chorizo & Cherry Tomato Orecchiette

with Semi-Dried Tomatoes & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Cherry Tomatoes



Orecchiette



Mild Chorizo



Garlic Paste



Tomato Paste



Chilli Flakes (Optional)



Chicken Stock Pot



Baby Spinach Leaves



Grated Parmesan Cheese



Semi-Dried Tomatoes

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Spicy (optional chilli flakes)

Orecchiette literally means, “little ears.” A very fitting noodle for this dish, as this bowl of pasta is like music to ours. Said pasta is cooked to al dente perfection, then tossed with a delicious sauce. (Psst—this one’s got chorizo for a flavorful twist.) Topped off with a sprinkle of Parmesan, it doesn’t get much better than this.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
cherry tomatoes	1 punnet	2 punnets
orecchiette	1 packet	2 packets
mild chorizo	1 packet	2 packets
garlic paste	1 tub	2 tubs
tomato paste	2 sachets	4 sachets
chilli flakes (optional)	1 pinch	1 pinch
chicken stock pot	1 tub (20g)	1 tub (40g)
butter*	50g	100g
baby spinach leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
semi-dried tomatoes	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4725kJ (1129Cal)	800kJ (191Cal)
Protein (g)	46g	7.8g
Fat, total (g)	65.4g	11.1g
- saturated (g)	27.6g	4.7g
Carbohydrate (g)	83.9g	14.2g
- sugars (g)	18.5g	3.1g
Sodium (mg)	2838mg	481mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the veggies

Boil a kettle of water. Thinly slice the **zucchini** into rounds. Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **zucchini** and whole **cherry tomatoes**, tossing occasionally, until golden and tender, **5-7 minutes**. Transfer to a bowl.



Make it saucy

Add the **garlic paste**, **tomato paste** and a pinch of **chilli flakes** (if using) to the frying pan and cook until fragrant, **1 minute**. Add the reserved **pasta water**, **chicken stock pot** and **butter** and cook until slightly reduced, **1-2 minutes**.



Cook the orecchiette

When the kettle has boiled, pour the boiling water into a large saucepan over a high heat with a generous pinch of **salt**. Bring to the boil, then cook the **orecchiette** until 'al dente', **8 minutes**. Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), drain the **pasta**, then return to the pan and drizzle with **olive oil** to prevent it sticking together.



Bring it all together

Add the **orecchiette**, **baby spinach leaves**, **tomato**, **zucchini** and 1/2 the **grated Parmesan cheese**. Toss to coat and season to taste.



Fry the chorizo

While the pasta is cooking, roughly chop the **mild chorizo**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chorizo** until golden, **4-6 minutes**.



Serve up

Divide the chorizo and cherry tomato orecchiette between bowls. Top with the remaining Parmesan and **semi-dried tomatoes**.

Enjoy!