



Quick Chorizo & Tomato Orecchiette

with Semi-Dried Tomatoes & Parmesan

Grab your Meal Kit with this symbol



Celery



Cherry/Snacking Tomatoes



Orecchiette



Mild Chorizo



Garlic Paste



Passata



Chicken Stock Pot



Mixed Leaves



Grated Parmesan Cheese



Semi-Dried Tomatoes



Grated Parmesan Cheese

Prep in: **15-25 mins**
Ready in: **20-30 mins**

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 chorizo-studded sauce. Topped off with a sprinkle of sharp Parmesan, it doesn’t get much better than this. Actually, it does, because the kids can help out with this one!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
celery	1 stalk	2 stalks
cherry/snacking tomatoes	1 punnet	2 punnets
orecchiette	1 packet	2 packets
mild chorizo	1 packet (250g)	2 packets (500g)
garlic paste	1 packet	2 packets
passata	1 box	2 boxes
chicken stock pot	1 packet (20g)	1 packet (40g)
butter*	50g	100g
mixed leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
semi-dried tomatoes	½ packet	1 packet
grated Parmesan cheese**	1 packet (30g)	2 packets (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4543kJ (1086Cal)	904kJ (216Cal)
Protein (g)	45.1g	9g
Fat, total (g)	62.6g	12.5g
- saturated (g)	27.4g	5.5g
Carbohydrate (g)	81.4g	16.2g
- sugars (g)	14.5g	2.9g
Sodium (mg)	2818mg	561mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4775kJ (1141Cal)	923kJ (221Cal)
Protein (g)	49.9g	9.6g
Fat, total (g)	66.7g	12.9g
- saturated (g)	30.2g	5.8g
Carbohydrate (g)	81.4g	15.7g
- sugars (g)	14.5g	2.8g
Sodium (mg)	2970mg	574mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the veggies

- Boil the kettle.
- Finely chop **celery**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **cherry tomatoes** and **celery**, tossing occasionally, until golden and tender, **4-5 minutes**. Transfer to a bowl.



Bring it all together

- To the pan with the **chorizo**, stir in **garlic paste** and cook until fragrant, **1 minute**. Add **passata**, **chicken stock pot** and the **butter**. Cook until slightly reduced, **1-2 minutes**
- Stir in the **pasta**, **tomatoes**, **celery** and **mixed leaves**. Add 1/2 the **grated Parmesan cheese**. Toss to coat. Season with **salt** and **pepper**.

CUSTOM RECIPE

If you've doubled your Parmesan, stir through 1/2 of it here, as above.



Cook the pasta & chorizo

- Pour the boiled **water** into a large saucepan over high heat with a generous pinch of **salt**. Bring to the boil, then add **orecchiette** and cook until 'al dente', **8 minutes**.
- Meanwhile, roughly chop **mild chorizo**. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chorizo**, tossing, until golden, **4-6 minutes**.
- When the **pasta** is done, drain and return to pan.

Little cooks: Older kids can help add the pasta to the saucepan under adult supervision. Be careful, the water is boiling!



Serve up

- Divide chorizo and tomato orecchiette between bowls.
- Top with **semi-dried tomatoes** (see ingredients) and remaining Parmesan to serve.

Little cooks: Help garnish the dish with the toppings!

Enjoy!