



Cajun Chorizo, Chicken Thigh and Tomato Pasta

with Chorizo and Cheese

7

Family Eat Me Early Hands On Time: 10 Minutes • Total Time: 25 Minutes • Medium Spice



Garlic Clove



Diced Chicken Thigh



Chorizo



Cajun Spice



Tomato Puree



Finely Chopped Tomatoes



Chicken Stock Paste



Rigatoni Pasta



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Ovenproof Dish, Bowl.

Ingredients

	2P	3P	4P
Garlic Clove	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Chorizo**	60g	90g	120g
Cajun Spice	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Rigatoni Pasta 13	180g	270g	360g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	499g	100g
Energy (kJ/kcal)	3467 / 829	695 / 166
Fat (g)	30	6
Sat. Fat (g)	11	2
Carbohydrate (g)	78	16
Sugars (g)	13	3
Protein (g)	58	12
Salt (g)	3.68	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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

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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



Prep Time

Pop a large saucepan of **water** onto boil over high heat. We'll use it to cook the **rigatoni** later. Peel and grate the **garlic** (or use a garlic press). Heat a splash of **oil** in a frying pan over medium-high heat.

2



Cook the Chicken and Chorizo

When the **oil** is hot, add the **diced chicken** and **chorizo**. Season with **salt** and **pepper**. Brown the **chicken** and **chorizo** on all sides, turning frequently, until browned, 6-8 mins. Once browned, stir in the **garlic**, **Cajun spice** (don't use it all if you're not a fan of spice) and **tomato puree**. Cook for a minute.

3



Simmer the Sauce

Stir in the **chopped tomatoes**, **water** (see ingredients for amount) and **chicken stock paste**. Bring to a boil. Lower the heat to a simmer and cook until the **chicken** is cooked through and the **sauce** is thick and tomatoey, 10-12 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

4



Cook the Pasta

Meanwhile, add the **rigatoni** to the boiling **water** along with ½ tsp of **salt**. Cook for 12 mins. Drain into a colander when ready, then return to the pan off the heat. Stir in a drizzle of **oil** to stop it sticking together. Preheat your grill to its highest setting.

5



Stir and Grill

Once the **sauce** is cooked, pour it into the pan with the **rigatoni**. Stir well and season to taste with **salt** and **pepper**. Transfer the **pasta** and **sauce** to an ovenproof dish and sprinkle on the **hard Italian style cheese**. Pop under the grill.

6



Serve

Grill until the **cheese** is golden and bubbly, 2-3 mins, then get ready to serve. Share between your bowls.

Enjoy!

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.