



# Cajun Chicken Thigh and Tomato Pasta with Chorizo and Cheese

Rapid 20 Minutes • Medium Spice

16



Garlic Clove



Diced Chicken Thigh



Chorizo



Cajun Spice



Tomato Puree



Rigatoni Pasta



Finely Chopped Tomatoes



Chicken Stock Paste



Grated Hard Italian Style Cheese



Diced Chicken Beast



## 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.



## 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, Colander, Measuring Cup, Ovenproof Dish.

## Ingredients

	2P	3P	4P
Garlic Clove	1	2	2
Diced Chicken Thigh**			
210g	350g	420g	
Chorizo	60g	90g	120g
Cajun Spice	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	65g	80g

Diced Chicken Breast**	280g	420g	560g
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\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>464g</b>	<b>100g</b>
Energy (kJ/kcal)	3222/770	694/166
Fat (g)	27	6
Sat. Fat (g)	10	2
Carbohydrate (g)	78	17
Sugars (g)	13	3
Protein (g)	51	11
Salt (g)	3.54	0.76

Custom Recipe	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>499g</b>	<b>100g</b>
Energy (kJ/kcal)	3150/753	631/151
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	78	16
Sugars (g)	13	3
Protein (g)	63	13
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.

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## Prep Time

- Pop a large saucepan of **water** on to 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.



## Simmer the Sauce

- Stir the **chopped tomatoes** into the pan with the **chicken** along with the **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**, 8-10 mins.
- IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Cook the Chicken

- When the **oil** is hot, add the **diced chicken** and **chorizo**. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands after handling raw meat and its packaging.*
- Brown the **chicken** and **chorizo** on all sides, turning frequently. This will take around 4-5 mins.
- Once browned, stir in the **garlic**, **Cajun spice** (don't use it all if you're not a fan of heat) and **tomato puree**. Cook for a minute.

**CUSTOM RECIPE**

- If you've opted to get **diced chicken breast** instead of **thigh**, cook the **diced chicken breast** in the same way the recipe tells you to cook the **diced chicken thigh**. **IMPORTANT:** *Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.*



## Stir and Grill

- Once the **sauce** is cooked, pour the **sauce** 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.



## Cook the Pasta

- Add the **rigatoni** to the boiling **water** along with 1/2 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.



## Serve

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

## Enjoy!