



Speedy Creamy Chorizo & Sweetcorn Pasta with Spinach

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

N° 3



Rigatoni Pasta



Sweetcorn



Onion



Garlic



Coriander



Diced Chorizo



Chilli Flakes



Baby Spinach



Crème Fraîche



Chicken Stock Powder



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Rigatoni Pasta 13)	200g	300g	400g
Sweetcorn	1 tin	1 tin	1 tin
Onion**	1	1	2
Garlic**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chorizo 7) **	120g	180g	240g
Chilli Flakes	a pinch	a pinch	a pinch
Baby Spinach**	1 small bag	1 small bag	1 large bag
Crème Fraîche 7) **	150g	225g	300g
Water for the Sauce*	50ml	100ml	150ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Grated Italian Style Hard Cheese 7) 8) **	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	499g	100g
Energy (kJ/kcal)	4232 / 1012	849 / 203
Fat (g)	53	11
Sat. Fat (g)	23	5
Carbohydrate (g)	99	20
Sugars (g)	16	3
Protein (g)	43	9
Salt (g)	4.48	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten

Wash your hands before and after handling ingredients.
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Pasta

a) Fill a large saucepan with **water** and bring to the boil with ¼ tsp of **salt** for the **pasta**.

b) Once boiling, add the **rigatoni** and cook for 12 mins.

c) Once cooked, drain in a colander and drizzle with a little **oil**.



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**, one handful at a time, until wilted.



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).

d) Roughly chop the **coriander** (stalks and all).



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.

e) Mix in **half** the **coriander** and **half** the **hard Italian style cheese**. Season to taste with **salt** and **pepper**.



3. Get Frying!

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.



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 **coriander** and **hard Italian style cheese** sprinkled on top.

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.