



# Speedy Creamy Chorizo & Sweetcorn Pasta with Spinach and Cheese

**Classic** 20 Minutes • 1 of your 5 a day

N° 23



Rigatoni Pasta



Sweetcorn



Echalion Shallot



Garlic



Chorizo



Baby Spinach



Creme Fraiche



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, Colander, Sieve, Cutting Board, Knife, Garlic Press, Frying Pan and Bowls.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Sweetcorn**	150g	244.5g	326g
Echalion Shallot**	1	1	2
Garlic	1	2	2
Chorizo**	90g	150g	180g
Baby Spinach**	100g	150g	200g
Creme Fraiche <b>7)</b> **	100.01g	150g	200g
Water for the Sauce*	50ml	75ml	100ml
Grated Hard Italian Style Cheese <b>7) 8)</b> **	40g	65g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	359g	100g
Energy (kJ/kcal)	3208 / 767	894 / 214
Fat (g)	37	10
Sat. Fat (g)	16	5
Carbohydrate (g)	79	22
Sugars (g)	10	3
Protein (g)	34	10
Salt (g)	3.00	0.84

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: **#HelloFreshSnaps**

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



## Cook the Pasta

**a)** Fill a large saucepan with **water** and bring to the boil with  $\frac{1}{4}$  tsp of **salt** for the **pasta**.

**b)** Once boiling, add the **rigatoni** to the pan and cook until tender, 12 mins.

**c)** Once cooked, drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together.

2



## Get Prepped

**a)** Meanwhile, drain and rinse the **sweetcorn** in a sieve.

**b)** Halve, peel and thinly slice the **shallot**.

**c)** Peel and grate the **garlic** (or use a garlic press).

3



## Fry Time

**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.

4



## Start the Sauce

**a)** Once browned, lower the heat to medium.

**b)** Add the **shallot** to the pan. Cook until softened, 3-4 mins, stirring occasionally.

**c)** Mix in the **garlic** and cook for 30 seconds.

**d)** Stir in the **spinach**, 1 handful at a time, until wilted, 1-2 mins.

5



## Finish the Sauce

**a)** Once the **spinach** has wilted, add the **creme fraiche** and **water** for the **sauce** (see ingredients list for amount) into the pan.

**b)** Bring to the boil then remove from the heat.

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

6



## 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 **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.