



Speedy Creamy Chorizo & Sweetcorn Pasta with Spinach

Rapid 20 Minutes • 1 of your 5 a day

14



Rigatoni Pasta



Sweetcorn



Echalion Shallot



Garlic Clove



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:

Large Saucepan, Colander, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug.

Ingredients

	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Sweetcorn**	150g	245g	326g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Chorizo**	90g	150g	180g
Baby Spinach**	100g	150g	200g
Creme Fraiche** 7)	100g	150g	200g
Water for the Sauce*	50ml	75ml	100ml
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	409g	100g
Energy (kJ/kcal)	3248 / 776	794 / 190
Fat (g)	37	9
Sat. Fat (g)	16	4
Carbohydrate (g)	79	19
Sugars (g)	10	3
Protein (g)	35	9
Salt (g)	3.04	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

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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 bring back to the boil. Cook until tender, 12 mins.

c) Once cooked, drain in a colander and 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



Get Frying

a) Put a large frying pan on high heat (no **oil**).

b) Once hot, add the **chorizo** and **sweetcorn** to the pan.

c) Fry until both the **chorizo** and **sweetcorn** are starting to brown, 4-5 mins, stirring occasionally. Once browned, lower the heat to medium.

4



Start the Sauce

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

b) Stir in the **garlic** and cook for 30 secs.

c) Stir in the **spinach**, a handful at a time, until wilted and piping hot, 1-2 mins.

5



Finish the Sauce

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

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

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

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 **grated 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.