



Speedy Creamy Chorizo & Sweetcorn Pasta with Spinach and Cheese

Family 20 Minutes • 1 of your 5 a day

9



Penne Pasta



Sweetcorn



Red Onion



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!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, sieve, garlic press, frying pan and bowl.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	3452 /825	792 /189
Fat (g)	38	9
Sat. Fat (g)	19	4
Carbohydrate (g)	82	19
Sugars (g)	12	3
Protein (g)	36	8
Salt (g)	2.97	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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The Fresh Farm

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Cook the Pasta

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **pasta**.
- Once boiling, add the **penne** to the pan and bring back to the boil. Cook until tender, 12 mins.
- 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.



Veg Things Up

- Add the **onion** to the pan. Cook until softened, 3-4 mins, stirring occasionally.
- Stir in the **garlic** and cook for 30 secs.
- Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Prep Time

- Meanwhile, drain the **sweetcorn** in a sieve.
- Halve, peel and chop the **red onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).



Finish the Sauce

- Once the **spinach** has wilted, add the **creme fraiche** and **water for the sauce** (see ingredients for amount) into the pan.
- Bring to the boil, then remove from the heat.
- Mix in **half** the **grated hard Italian style cheese**. Season to taste with **salt** and **pepper**.



Get Frying

- Put a large frying pan on high heat (no oil).
- Once hot, add the **chorizo** and **sweetcorn** to the pan.
- Fry until both the **chorizo** and **sweetcorn** are starting to brown, 4-5 mins, stirring occasionally. Once browned, lower the heat to medium.



Ready to Serve

- Add the **cooked pasta** to the frying pan and gently mix until well coated in the **sauce**.
- Reheat quickly if necessary.
- Serve your **chorizo and sweetcorn pasta** in large bowls with the remaining **grated hard Italian style cheese** sprinkled on top.

Enjoy!