



# Creamy Cherry Tomato & Chorizo Fusilli

with Baby Spinach & Parmesan Cheese

KID FRIENDLY

NEW

Grab your Meal Kit with this symbol



Fusilli



Mild Chorizo



Garlic & Herb Seasoning



Bechamel Sauce



Tinned Cherry Tomatoes



Baby Spinach Leaves



Grated Parmesan Cheese



Parsley



Chicken Breast

Prep in: 10-20 mins  
Ready in: 15-25 mins

Eat Me Early\*  
*\*Custom Recipe only*

Whip up a pasta dinner like no other, filled to the brim with mildly spiced chunks of chorizo, a burst of sweetness from the fresh cherry tomatoes and a rich creamy sauce stirred through to bring it all together. Top it off with a fresh herb and some Parmesan cheese.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
fusilli	1 packet	2 packets
mild chorizo	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
bechamel sauce	1 medium packet	1 large packet
tinned cherry tomatoes	½ tin	1 tin
baby spinach leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3573kJ (854Cal)	900kJ (215Cal)
Protein (g)	38.3g	9.6g
Fat, total (g)	40.7g	10.3g
- saturated (g)	16.7g	4.2g
Carbohydrate (g)	79g	19.9g
- sugars (g)	11.8g	3g
Sodium (mg)	1670mg	421mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4318kJ (1032Cal)	775kJ (185Cal)
Protein (g)	71.4g	12.8g
Fat, total (g)	46g	8.3g
- saturated (g)	18.3g	3.3g
Carbohydrate (g)	79.8g	14.3g
- sugars (g)	11.8g	2.1g
Sodium (mg)	1769mg	318mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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1



## Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Cook **fusilli** in boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people). Drain **fusilli**, then return to saucepan.

**Custom Recipe:** If you've added chicken breast, cut chicken breast into 2cm chunks.

3



## Make it saucy

- Reduce heat to medium, add **bechamel sauce**, **tinned cherry tomatoes** (see ingredients) and a splash of the reserved **pasta water** and cook until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then stir through cooked **fusilli** and **baby spinach leaves**. Season to taste.

**TIP:** Add a splash more of pasta water if the mixture looks dry.

2



## Cook the chorizo

- Meanwhile, roughly chop **mild chorizo**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** until browned, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.

**Custom Recipe:** Heat the pan as above. Cook chicken with chorizo, tossing occasionally, until browned and cooked through, 5-6 minutes.

4



## Serve up

- Divide creamy cherry tomato and chorizo fusilli between bowls.
- Sprinkle over **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling the cheese on top.

## Rate your recipe

Did we make your tastebuds happy?

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