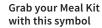


# Chorizo, Corn & Courgette Fusilli

with Parmesan

KID FRIENDLY



















Mild Chorizo

Garlic & Herb Seasoning









Soffritto Mix

Tomato Paste





Baby Spinach Leaves

**Grated Parmesan** Cheese



**Pantry items** Olive Oil, Butter

Prep in: 10-20 mins Ready in: 25-35 mins

Eat Me Early\* \*Custom Recipe only There are plenty of choices for a good fusilli out there, but we're positive we have the winning combination of ingredients that will top the lot. The mild spice of the chorizo is cooled by roasted courgette and corn, then zested with lemon juice and doused in a tomato sauce. That sounds (and tastes) like the best to us.

### 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

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
sweetcorn	1 tin	1 tin
fusilli	½ packet	1 packet
lemon	1/2	1
mild chorizo	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
soffritto mix	1 packet (150g)	1 packet (300g)
tomato paste	½ packet	1 packet
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2987kJ (714Cal)	626kJ (150Cal)
Protein (g)	33.1g	6.9g
Fat, total (g)	39.8g	8.3g
- saturated (g)	17.8g	3.7g
Carbohydrate (g)	51.3g	10.8g
- sugars (g)	11.2g	2.3g
Sodium (mg)	1721mg	361mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3732kJ (892Cal)	586kJ (140Cal)
Protein (g)	66.2g	10.4g
Fat, total (g)	45g	7.1g
- saturated (g)	19.3g	3g
Carbohydrate (g)	52.1g	8.2g
- sugars (g)	11.2g	1.8g
Sodium (mg)	1820mg	286mg

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 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







# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut courgette into bite-sized chunks. Drain the sweetcorn.
- Place courgette and sweetcorn on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 15-20 minutes.



#### Cook the chorizo

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
   Cook chorizo, garlic & herb seasoning and soffritto mix until browned,
   4-5 minutes.
- Add tomato paste (see ingredients) and the butter and cook until fragrant,
   1-2 minutes.
- Remove pan from heat, then add cooked fusilli, roasted veggies, reserved
  pasta water, baby spinach leaves, lemon zest and a generous squeeze of
  lemon juice. Stir to combine. Season to taste.

**Custom Recipe:** If you've added chicken breast, cut chicken breast into 2cm chunks. Heat the pan as above. Cook chicken with chorizo, garlic & herb seasoning and soffritto mix, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.



# Cook the pasta

- Meanwhile, half-fill a large saucepan with water and a generous pinch of salt. Bring to the boil.
- Cook fusilli (see ingredients) in the boiling water, over high heat, until 'al dente', 12 minutes. Reserve some pasta water (½ cup for 2 people / 1 cup for 4 people). Drain fusilli, then return to the pan with a drizzle of olive oil.
- While the fusilli is cooking, zest lemon to get a pinch, then slice into wedges.
   Finely chop mild chorizo.



### Serve up

- Divide chorizo, corn and courgette fusilli between bowls.
- Sprinkle over grated Parmesan cheese. Serve with any remaining lemon wedges. Enjoy!

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