



Chorizo, Corn & Courgette Fusilli

with Parmesan

KID FRIENDLY

Grab your Meal Kit with this symbol



Courgette



Sweetcorn



Fusilli



Lemon



Mild Chorizo



Garlic & Herb Seasoning



Soffritto Mix



Tomato Paste



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Breast

Recipe Update

Unfortunately, this week's risoni was in short supply, so we've replaced it with fusilli. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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.

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

Pantry items

Olive Oil, Butter

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 | ½ | 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 |

*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

2023 | CW45



1



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**.

3



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.

2



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**.

4



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.

Rate your recipe

Did we make your tastebuds happy?

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