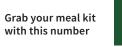


KID FRIENDLY











Mild Chorizo





Fusilli

Garlic & Herb Seasoning





Tinned Cherry





**Baby Leaves** 



**Grated Parmesan** Cheese



Parsley





## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
mild chorizo	1 packet	2 packets
courgette	1	2
fusilli	1 small packet	2 small packets
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
tinned cherry tomatoes	½ tin	1 tin
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

<sup>\*</sup>Pantry Items

### **Nutrition**

Per Serving	Per 100g
4200kJ (1004Cal)	805kJ (192Cal)
37.6g	7.2g
58.5g	11.2g
28.1g	5.4g
77.1g	14.8g
12.4g	2.4g
1584mg	303mg
7.2g	1.4g
	4200kJ (1004Cal) 37.6g 58.5g 28.1g 77.1g 12.4g 1584mg

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.



# Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- · Meanwhile, roughly chop mild chorizo.
- Thinly slice courgette into half-moons.
- Cook fusilli in boiling water, over high heat, until 'al dente', 12 minutes.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain fusilli, then return to saucepan.



### Cook the chorizo

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



# Make it saucu

**CUSTOM** 

**OPTIONS** 

- Reduce heat to medium, add cream (see ingredients), 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, stir through cooked fusilli and baby leaves. Season to taste.



# 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.

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



ADD CHIC

ADD CHICKEN BREAST

Thinly slice into strips. Before cooking sauce, cook chicken breast, 4-6 minutes. Continue with recipe.



spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

