



# Creamy Cherry Tomato & Chorizo Fusilli

with Baby Leaves & Parmesan Cheese

KID FRIENDLY

Grab your meal kit with this number

12



Mild Chorizo



Courgette



Fusilli



Garlic & Herb Seasoning



Cream



Tinned Cherry Tomatoes



Baby Leaves



Grated Parmesan Cheese



Parsley



Chicken Breast



Beef Mince

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

Whip up a pasta dinner like no other, filled to the brim with mildly spiced chunks of chorizo, a burst of sweetness from the 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.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4200kJ (1004Cal)	805kJ (192Cal)
Protein (g)	37.6g	7.2g
Fat, total (g)	58.5g	11.2g
- saturated (g)	28.1g	5.4g
Carbohydrate (g)	77.1g	14.8g
- sugars (g)	12.4g	2.4g
Sodium (mg)	1584mg	303mg
Dietary Fibre (g)	7.2g	1.4g

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.

1



## 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** (¼ cup for 2 people / ½ cup for 4 people). Drain fusilli, then return to saucepan.

3



## Make it saucy

- 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.

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

### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

2



## 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**.

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



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

