



Creamy Chorizo & Roasted Pumpkin Fusilli

with Leek & Celery

KID FRIENDLY

Grab your meal kit with this number

2



Onion



Peeled Pumpkin Pieces



Fusilli



Celery



Leek



Garlic



Mild Chorizo



Cream



Chicken-Style Stock Powder



Parsley



Chicken Breast



Mild Chorizo

Prep in: 25-35 mins
Ready in: 30-40 mins

This rich pumpkin fusilli comes together in no time, leaving you to kick your feet up and enjoy quality time with the ones who matter. With the luxurious addition of chorizo, it takes this delicious meal to the next level – taste it and see!

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
fusilli	1 small packet	2 small packets
celery	1 stalk	2 stalks
leek	1	2
garlic	2 cloves	4 cloves
mild chorizo	1 packet	2 packets
cream	½ packet	1 packet
chicken-style stock powder	½ medium sachet	1 medium sachet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4006kJ (957cal)	320kJ (76cal)
Protein (g)	34.7g	2.8g
Fat, total (g)	50.8g	4.1g
- saturated (g)	25.2g	2g
Carbohydrate (g)	88.2g	7g
- sugars (g)	15.3g	1.2g
Sodium (mg)	1219mg	97.3mg
Dietary Fibre (g)	9.5g	0.8g

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil.
- Slice **onion (see ingredients)** into wedges.
- Place **onion** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help arrange the veggies on the tray!



Make the creamy sauce

- Add **garlic** to the **chorizo** and cook until fragrant, **1 minute**.
- Reduce heat to low, then add **pasta water**, **cream (see ingredients)** and **chicken-style stock powder (see ingredients)**. Stir to combine and simmer until thickened and slightly reduced, **2-3 minutes**



Cook the fusilli

- Meanwhile, cook **fusilli**, stirring occasionally, until 'al dente', **12 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people), then drain **fusilli** and return to the pan. Add a drizzle with **olive oil** to prevent sticking.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Add the veggies

- Add **cooked fusilli** and **roasted veggies**, then gently stir to combine. Season with **pepper**.



Get prepped

- Meanwhile, thinly slice **celery** and **leek**.
- Finely chop **garlic**.
- Roughly chop **mild chorizo**.
- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chorizo**, **leek** and **celery** until golden, **6-8 minutes**.



Serve up

- Divide creamy chorizo and roasted pumpkin fusilli between bowls.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the parsley.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ DOUBLE CHORIZO

Follow method above.

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

