



Quick Creamy Chorizo Farfalle

with Cherry Tomatoes & Parmesan

Grab your Meal Kit with this symbol



Cherry Tomatoes



Silverbeet



Mild Chorizo



Farfalle



Longlife Cream



Chicken-Style Stock Powder



Garlic & Herb Seasoning



Grated Parmesan Cheese



Parsley



Grated Parmesan Cheese

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Golden 'bow ties' of farfalle combine with cherry tomatoes, cream and smokey chorizo to create an elegant meal fit for only the best. Add a sharp Parmesan garnish for dimension and dinner is complete.



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

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	1 punnet
silverbeet	1 bag	1 bag
mild chorizo	1 packet	2 packets
farfalle	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
garlic & herb seasoning	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
parsley	1 bag	1 bag
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4100kJ (980Cal)	1028kJ (246Cal)
Protein (g)	37.7g	9.4g
Fat, total (g)	54.1g	13.6g
- saturated (g)	27.7g	6.9g
Carbohydrate (g)	81.9g	20.5g
- sugars (g)	8.8g	2.2g
Sodium (mg)	2037mg	511mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4336kJ (1036Cal)	1047kJ (250Cal)
Protein (g)	42.7g	10.3g
Fat, total (g)	58g	14g
- saturated (g)	30.3g	7.3g
Carbohydrate (g)	81.9g	19.8g
- sugars (g)	8.8g	2.1g
Sodium (mg)	2143mg	518mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Boil a kettle of water.
- Halve **cherry tomatoes** in half. Roughly chop **silverbeet**. Cut **mild chorizo** into thin half-moons.
- Pour boiling water into a large saucepan over a high heat. Add a pinch of **salt** and bring to the boil. Cook **farfalle** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain pasta and set aside.

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



Bring it all together

- Add cooked **pasta** and **grated Parmesan cheese** to frying pan and stir to combine.

CUSTOM RECIPE

If you've doubled your Parmesan cheese, add to the pasta sauce as above or save some to garnish before serving!



Cook the chorizo & tomatoes

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **cherry tomatoes** and **chorizo** until browned, **4-5 minutes**. Add **silverbeet** and cook until wilted, **1-2 minutes**. Add reserved **pasta water**, **longlife cream** (see ingredients), **chicken-style stock powder** and **garlic & herb seasoning** and cook until bubbling, **1 minute**.



Serve up

- Divide creamy chorizo and cherry tomato farfalle between bowls.
- Tear over **parsley** leaves.

Enjoy!