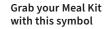
Quick Creamy Chorizo Farfalle with Cherry Tomatoes & Parmesan













Cherry Tomatoes







Farfalle

Mild Chorizo



Longlife Cream



Chicken-Style

Stock Powder



Seasoning



Grated Parmesan Cheese





Pantry items

Olive Oil

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.



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

3				
	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

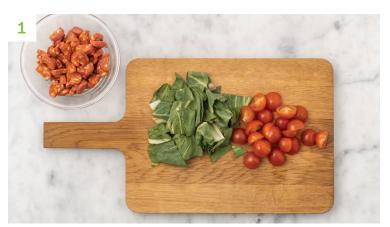
The quantities provided above are averages only.

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 2021 | CW27



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!