

Quick Chorizo & Tomato Trottole

with Garlic Pangrattato & Spiced Pumpkin Seed Salad

Grab your Meal Kit with this symbol



Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Garlic



Onion



Mild Chorizo



Trottole



Panko Breadcrumbs



Tomato Paste



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Longlife Cream



Grated Parmesan Cheese



Salad Leaves



Cucumber



Rocket Leaves



Spiced Pumpkin Seeds



Grated Parmesan Cheese

4 Hands-on: 20-30 mins
 Ready in: 20-30 mins

Trottole – there are so many delights in cooking with this fun spiral shell pasta. And the most delightful part about tonight's dish, you ask? The fact that this mouth-watering and creamy sensation is ready in 20 minutes! It can't get any better than this.



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

Pantry items

Olive Oil, Balsamic Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	1 (medium)	1 (large)
mild chorizo	½ packet	1 packet
trottolo	1 packet	1 packet
panko breadcrumbs	½ packet	1 packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
salad leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
rocket leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
spiced pumpkin seeds	1 packet	2 packets
grated parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4084kJ (976Cal)	920kJ (220Cal)
Protein (g)	33.6g	7.6g
Fat, total (g)	47.8g	10.8g
- saturated (g)	23.5g	5.3g
Carbohydrate (g)	98.8g	22.3g
- sugars (g)	14g	3.2g
Sodium (mg)	1734mg	391mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4320kJ (1032Cal)	942kJ (225Cal)
Protein (g)	38.6g	8.4g
Fat, total (g)	51.7g	11.3g
- saturated (g)	26.1g	5.7g
Carbohydrate (g)	98.8g	21.5g
- sugars (g)	14g	3.1g
Sodium (mg)	1840mg	401mg

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 the kettle. Finely chop **garlic** and **onion**. Roughly chop **mild chorizo** (see ingredients). Fill a medium saucepan with boiling water over high heat, then add a pinch of **salt**.
- Cook **trottolo** in boiling water until 'al dente', **10 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Drain and return to the pan.



Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chorizo** and **onion**, until golden, **5-6 minutes**.
- Reduce heat to medium, then add **tomato paste**, **garlic & herb seasoning**, remaining **garlic** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, **longlife cream** (see ingredients), **grated Parmesan cheese** and reserved **pasta water** and simmer until slightly reduced, **1-2 minutes**.
- Add **trottolo** and **salad leaves** and gently toss to combine.

CUSTOM RECIPE

If you've doubled your grated Parmesan cheese, add it to the sauce as above.



Make the garlic pangrattato

- While the pasta is cooking, heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a small bowl and season to taste.



Serve up

- Thinly slice **cucumber** into half-moons. In a medium bowl, combine cucumber, **rocket leaves** and a drizzle of **balsamic vinegar** and olive oil. Season to taste. Sprinkle with **spiced pumpkin seeds**.
- Divide creamy chorizo and tomato trottolo between bowls.
- Top with garlic pangrattato.
- Serve with spiced pumpkin seed salad.

Enjoy!