



Creamy Tomato & Chorizo Fettuccine

with Rocket & Parmesan Salad

Grab your Meal Kit with this symbol



Tomato



Courgette



Garlic



Mild Chorizo



Fettuccine



Longlife Cream



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Rocket Leaves



Grated Parmesan Cheese

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

Golden strands of fettuccine combine with tomato, cream and smokey chorizo to create an elegant meal fit for only the best. Add a sharp rocket and Parmesan salad for crunch and dinner is complete.

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
courgette	1	2
garlic	2 cloves	4 cloves
mild chorizo	1 packet	2 packets
fettuccine	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
garlic & herb seasoning	1 sachet	1 sachet
chicken-style stock powder	1 sachet	1 sachet
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4220kJ (1008Cal)	1039kJ (248Cal)
Protein (g)	37.6g	9.3g
Fat, total (g)	54g	13.3g
- saturated (g)	27.7g	6.8g
Carbohydrate (g)	89.4g	22g
- sugars (g)	14.8g	3.6g
Sodium (mg)	1941mg	478mg

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.



Get prepped

Bring a large saucepan of salted water to the boil. Roughly chop the **tomato**. Grate the **courgette**. Finely chop the **garlic**. Cut the **mild chorizo** into 1cm half-moons.



Cook the fettuccine

Cook the **fettuccine** in the boiling water until 'al dente', **9 minutes**. Drain, reserving some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people). Return to the saucepan.

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



Cook the chorizo

While the pasta is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chorizo**, tossing, until golden, **4-5 minutes**. Transfer to a plate, leaving the residual oil in the pan.



Cook the pasta sauce

Return the frying pan to a medium-high heat. Cook the **tomato** and **courgette**, stirring occasionally, until slightly softened, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add **longlife cream** (see ingredients), **garlic & herb seasoning** and **chicken-style stock powder**, stirring to combine, **1 minute**. Add the cooked **fettuccine** and reserved **pasta water**, then return the **chorizo** to the pan, tossing, until combined, **1 minute**. Season to taste.

TIP: If your frying pan is crowded, toss everything in the saucepan instead!



Make the salad

While the pasta sauce is cooking, combine a small drizzle of **balsamic vinegar** and **olive oil** in a large bowl, then season with **salt** and **pepper**. Add **rocket leaves** and toss to coat. Top with 1/2 the **grated Parmesan cheese**.



Serve up

Divide the creamy tomato and chorizo fettuccine between bowls and top with the remaining Parmesan cheese. Serve with the rocket and Parmesan salad.

Enjoy!