



# Easy Creamy Tomato & Chorizo Fettuccine

with Rocket & Parmesan Salad

Grab your Meal Kit with this symbol



Tomato



Pear



Garlic



Mild Chorizo



Fettuccine



Longlife Cream



Garlic & Herb Seasoning



Beef-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
pear	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
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
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 (1009Cal)	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the pasta

Bring a large saucepan of salted water to the boil. Roughly chop the **tomato**. Thinly slice the **pear**. Finely chop the **garlic**. Cut the **mild chorizo** into 1cm half-moons. 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), then return the **fettuccine** to the saucepan.

3



## Bring it all together

Return the frying pan to a medium-high heat with the residual oil in the pan. Cook the **tomato**, 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 **beef-style stock powder** and cook, stirring, **1 minute**. Add the cooked **fettuccine** and reserved **pasta water**, then return the **chorizo** to the pan and cook, tossing, until combined, **1 minute**. Season to taste.

2



## 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 any residual oil in the pan.

4



## Serve up

While the sauce is cooking, combine a drizzle of **balsamic vinegar** and olive oil in a large bowl, then season. Add the **rocket leaves** and pear, then toss to coat. Top with 1/2 the **grated Parmesan cheese**. Divide the creamy tomato and chorizo fettuccine between bowls. Top with the remaining Parmesan cheese. Serve with the rocket and Parmesan salad.

## Enjoy!