



# Speedy Creamy Chorizo & Sweetcorn Pasta with Spinach

**Rapid** 20 Minutes • 1.5 of your 5 a day

13



Rigatoni Pasta



Sweetcorn



Echalion Shallot



Garlic



Diced Chorizo



Baby Spinach



Crème Fraîche



Chicken Stock Powder



Grated Hard Italian  
Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

## Ingredients

|  | 2P          | 3P          | 4P           |
|--|-------------|-------------|--------------|
| Rigatoni Pasta <b>13</b>                         | 200g        | 300g        | 400g         |
| Sweetcorn  | 1 small tin | ¾ large tin | 1 large tin  |
| Echalion Shallot**                               | 1           | 1           | 2            |
| Garlic**   | 1 clove     | 2 cloves    | 2 cloves     |
| Diced Chorizo**                                  | 120g        | 180g        | 240g         |
| Baby Spinach**                                   | 1 small bag | 1 large bag | 2 small bags |
| Crème Fraîche <b>7)</b> **                       | 100g        | 150g        | 200g         |
| Water for the sauce*                             | 50ml        | 100ml       | 150ml        |
| Chicken Stock Powder                             | 1 sachet    | 2 sachets   | 2 sachets    |
| Grated Hard Italian Style Cheese <b>7) 8)</b> ** | 1 pack      | 1½ packs    | 2 packs      |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                                | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>391g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 3858 /922   | 988 /236    |
| Fat (g)                        | 44          | 11          |
| Sat. Fat (g)                   | 19          | 5           |
| Carbohydrate (g)               | 92          | 24          |
| Sugars (g)                     | 11          | 3           |
| Protein (g)                    | 41          | 11          |
| Salt (g)                       | 5.02        | 1.29        |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **8)** Egg **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## Cook the Pasta

**a)** Fill a large saucepan with **water** and bring to the boil with ¼ tsp of **salt** for the **pasta**.

**b)** Once boiling, add the **rigatoni** to the pan and cook until tender, 12 mins.

**c)** Once cooked, drain in a colander, pop back in the pan, drizzle with a little **oil** and stir through to stop it sticking together.



## Get Prepped

**a)** Meanwhile, drain and rinse the **sweetcorn** in a sieve.

**b)** Halve, peel and thinly slice the **shallot**.

**c)** Peel and grate the **garlic** (or use a garlic press).



## Get Frying

**a)** Put a large frying pan on high heat (no oil).

**b)** Once hot, add the **diced chorizo** and **sweetcorn** to the pan.

**c)** Fry until both the **chorizo** and **sweetcorn** are starting to brown, 4-5 mins, stirring occasionally.



## Start the Sauce

**a)** Once browned, lower the heat to medium.

**b)** Add the **onion** to the pan. Cook until softened, 3-4 mins, stirring occasionally.

**c)** Mix in the **garlic** and cook for 30 seconds.

**d)** Stir in the **spinach**, 1 handful at a time, until wilted, 1-2 mins.



## Finish the Sauce

**a)** Once the **spinach** has wilted, add the **crème fraîche**, **water** for the sauce (see ingredients list for amount) and the **chicken stock powder** into the pan. Stir to dissolve the **stock powder**.

**b)** Bring to the boil then remove from the heat.

**c)** Mix in **half** the **hard Italian style cheese**.

**d)** Season to taste with **salt** and **pepper**.



## Ready to Serve

**a)** Add the **drained pasta** to the frying pan and gently mix until well coated in the sauce.

**b)** Reheat quickly if necessary.

**c)** Serve in large bowls with the remaining **hard Italian style cheese** sprinkled on top.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.