



23

# Speedy Creamy Chorizo & Sweetcorn Pasta with Kale

Classic 20 Minutes • 1 of your 5 a day



Rigatoni Pasta



Sweetcorn



Echalot Shallot



Garlic



Chorizo



Kale



Creme Fraiche

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, Sieve, Cutting Board, Knife, Garlic Press, Frying Pan and Bowl.

## Ingredients

	2P	3P	4P
Rigatoni Pasta 13)	200g	300g	400g
Sweetcorn	150g	250g	326g
Echalion Shallot**	1	1	2
Garlic	1	2	2
Chorizo**	90g	150g	180g
Kale**	100g	100g	200g
Creme Fraiche 7)**	100g	150g	200g
Water for the Sauce*	50ml	100ml	150ml
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	372g	100g
Energy (kJ/kcal)	3445 /823	927 /222
Fat (g)	37	10
Sat. Fat (g)	16	4
Carbohydrate (g)	89	24
Sugars (g)	11	3
Protein (g)	37	10
Salt (g)	2.98	0.80

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

### Thumbs up or thumbs down?

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### Cook the Pasta

Fill a large saucepan with **water** and bring to the boil with  $\frac{1}{4}$  tsp of **salt**. Once boiling, add the **rigatoni** to the pan and cook until tender, 12 mins. 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

Meanwhile, drain and rinse the **sweetcorn** in a sieve. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a **garlic** press).



### Get Frying

Put a large frying pan on high heat (no **oil**). Once hot, add the **diced chorizo** and **sweetcorn** to the pan. Fry until both the **chorizo** and **sweetcorn** are starting to brown, 4-5 mins, stirring occasionally.



### Start the Sauce

Once browned, lower the heat to medium. Add the **shallot** to the pan. Cook until softened, 3-4 mins, stirring occasionally. Mix in the **garlic** and cook for 30 seconds. Add the **kale** and stir fry until tender, 4-5mins.



### Finish the Sauce

Once the **kale** is tender, add the **creme fraiche** and **water** for the **sauce** (see ingredients list for amount) into the pan. Bring to the boil then remove from the heat. Mix in **half the hard Italian style cheese**. Season to taste with **salt** and **pepper**.



### Ready to Serve

Add the **drained pasta** to the frying pan and gently mix until well coated in the **sauce**. Reheat quickly if necessary. 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.