



Chorizo and Olive Rigatoni

with bell pepper and cherry tomatoes

15 – 20 mins

15



Chorizo



Dried Rigatoni



Sun Dried Tomato Paste



Garlic



Bell Pepper



Cherry Tomatoes



Paprika



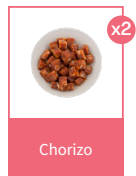
Creme Fraiche



Stock



Olives



Chorizo



Irish Diced Chicken

Pantry Items: Salt, Pepper, Water, Oil



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P
Chorizo	90 g	180 g
Dried Rigatoni	180 g	360 g
Sun Dried Tomato Paste	1 sachet	2 sachets
Garlic	2 units	4 units
Bell Pepper	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Paprika	2 sachets	4 sachets
Crema Fraiche	65 g	110 g
Stock	1 sachet	2 sachets
Olives	1 sachet	2 sachets
Chorizo	180 g	360 g
Irish Diced Chicken	260 g	520 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	797 kJ / 190 kcal	868 kJ / 207 kcal	707 kJ / 169 kcal
Fat (g)	8.1 g	10.1 g	6.2 g
Sat. Fat (g)	3 g	3.7 g	2.3 g
Carbohydrate (g)	22.3 g	20.3 g	16.4 g
Sugars (g)	3.5 g	3.3 g	2.6 g
Protein (g)	7.2 g	8.9 g	11.7 g
Salt (g)	1.2 g	1.3 g	0.9 g

See site or app for detailed nutritional info.


Allergens

For allergen information please refer to the website or individual ingredient labels.

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1



Make the Pasta

- Boil a large pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** to the **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, reserve a cup of cooking **water** then drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.

4



Fry the Veg

- Return the empty pan to medium-high heat with a drizzle of **oil**.
- Add the **garlic** and **bell pepper** and fry for 2-3 mins.
- Add **paprika** and **sun dried tomato paste** and fry for 2 mins more.

2



Fry the Chorizo

- Place a large pan over medium-high heat (no oil).
- Once the pan is hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- Remove from the pan and set aside.

5



Make the sauce

- Mix the **crema fraiche**, **stock** and a splash of cooking **water** into the **pasta**.
- Season with **salt** and **pepper**.

3



Prep the Veg

- Peel and grate the **garlic** (or use a garlic press).
- Halve, deseed and slice the **bell pepper** into thin strips.
- Halve the **cherry tomatoes**.
- Roughly chop the **olives**.

6



Finish and Serve

- Divide the **pasta** between bowls or deep plates.
- Garnish with **peppers**, **chorizo**, **cherry tomatoes** and **olives**.

Enjoy !

CUSTOM OPTIONS

+ DICED CHICKEN BREAST

Adding chicken? Fry for 8-10 mins, add the chorizo for the final 3-4 mins of cooking time and remove from pan once cooked.