



Chorizo and Olive Pasta Bowl

serves 2

Lunch 15 – 20 mins



Dried Rigatoni



Chorizo



Sun Dried
Tomato Paste



Creme Fraiche



Cherry Tomatoes



Olives

Pantry Items: Salt, Pepper, Water, Oil



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2025-W02

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

Ingredients

	Quantity
Dried Rigatoni	180 g
Chorizo	90 g
Sun Dried Tomato Paste	1 sachet
Creme Fraiche	65 g
Cherry Tomatoes	250 g
Olives	1 sachet

Nutrition

for uncooked ingredients	Per 100g
Energy (kJ/kcal)	845.9 kJ/ 202.2 kcal
Fat (g)	8.8 g
Sat. Fat (g)	3.3 g
Carbohydrate (g)	22.9 g
Sugars (g)	2.9 g
Protein (g)	7.6 g
Salt (g)	1 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



Cook 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.
- Mix the **creme fraiche**, a dash of cooking **water** and the **sun dried tomato paste** through the **pasta**. Season with **salt** and **pepper**.

2



Prep the Veg

- Halve the **cherry tomatoes**.
- Roughly chop the **olives**.
- Place a pan over medium 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 keep aside.

3



Finish and Serve

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

Enjoy!