Cajun Chorizo and Chickpea Pasta

with Italian grated cheese and pesto

Quick Cook 20 – 25 mins

15

Chorizo

Chickpeas

Dried Rigatoni

Tomato Paste

Green Pesto

Garlic

Cajun Spice Mix

Creme Fraiche

Grated Italian Style Hard Cheese

Onion

Pantry Items: Butter, Salt, Pepper, Oil, Water, Sugar

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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.

Cooking tools you will need

Colander, grater, pan with lid, sieve

Ingredients

	2P	4P
Chorizo	100 g	200 g
Chickpeas	1 pack	2 packs
Dried Rigatoni	180 g	360 g
Tomato Paste	1 tin	2 tins
Green Pesto	1 sachet	2 sachets
Garlic	1 unit	2 units
Cajun Spice Mix	2 sachets	4 sachets
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	1 unit	2 units
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	**519.5 g**	**100 g**
Energy (kJ/kcal)	4359 kJ/ 1042 kcal	839 kJ/ 201 kcal
Fat (g)	46.2 g	8.9 g
Sat. Fat (g)	17.5 g	3.4 g
Carbohydrate (g)	100.6 g	19.4 g
Sugars (g)	13.4 g	2.6 g
Protein (g)	42.4 g	8.2 g
Salt (g)	3 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

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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, 12 mins.
- Once cooked, reserve 50ml **pasta water** (double for 4p) 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.*

2

Time to Fry

- Meanwhile, halve, peel and thinly slice the **onion**.
- Drain and rinse the **chickpeas** in a sieve.
- Peel and grate the **garlic** (or use a garlic press).
- Place a large pan over medium-high heat (without oil).
- Once the pan is hot, fry the **onion** and **chorizo** until the **chorizo** is starting to brown, 5-6 mins.

3

Make the Sauce

- Add 1 tbsp **butter** (double for 4p) to the pan along with the **Cajun spice mix** and **garlic**. Cook for 30 secs.
- Add the **chickpeas**, **tomato paste**, **creme fraiche**, ¼ tsp **salt**, ½ tsp **sugar** and the reserved **pasta water**.
- Cover and simmer for 4-5 mins.

TIP: *Loosen the sauce with a splash of water if you feel it's too thick.*

4

Finish and Serve

- Stir through the **cheese** and drained **pasta**.
- Taste and season with **salt** and **pepper**.
- Divide the **pasta** between plates.
- Drizzle the **pesto** over the top.

Enjoy!