



Product Spotlight: Parsley

Don't throw out leftover parsley stems! Freeze them to flavour stocks and soups, or blend them into sauces. We love whizzing the stems with yoghurt and garlic for a fresh dressing.



Creamy Chorizo & Capsicum Pasta

Smoky chorizo and sweet capsicum cooked in a creamy sauce with sour cream and cherry tomatoes, tossed through pasta and served with fresh parsley.



30 minutes



4/6 servings



Pork

Secret Veg!

Want to hide the veggies from the kids? Cook the chorizo, remove from pan and cook remaining sauce ingredients. Use a stick mixer to blend to a smooth consistency then add the chorizo and pasta!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g/42g	29g/36g	113g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	2 packets
RED ONION	1	2
RED CAPSICUM	1	2
CHORIZO	200g	2 x 200g
CHERRY TOMATOES	2 x 200g	3 x 200g
TOMATO PASTE	2 sachets	3 sachets
SOUR CREAM	1 tub	2 tubs
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

Want to add extra veg? Add grated carrot at step 3, or baby spinach or frozen peas at step 4.

If desired, garnish with dried chilli flakes and parmesan cheese.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain **pasta**.

6P – use 1 1/2 packet of **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion** and **chorizo**, slice **capsicum**, and finely chop **parsley**, including tender stems (see notes).



3. COOK THE CHORIZO

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **chorizo** and cook, stirring occasionally, for 3–5 minutes until **chorizo** begins to brown and **onion** softens. Add **2–3 tsp smoked paprika**, **capsicum** and **cherry tomatoes**. Cook, covered, for 5 minutes.



4. SIMMER THE SAUCE

Add **tomato paste**, **1 cup cooking liquid** and **sour cream** to the **chorizo**. Simmer for 5 minutes.



5. TOSS THE PASTA

Add **pasta** to the **sauce** and toss to combine. Add extra **cooking liquid** as necessary to loosen the **sauce**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **pasta** among bowls. Garnish with **parsley** (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

