

# WCOOK

## Chorizo Alfredo

with Italian-style hard cheese & fresh parsley

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 1391.7kJ  | 3957.8kJ    |
| Energy             | 332.9kcal | 946.6kcal   |
| Protein            | 14.5g     | 41.3g       |
| Carbs              | 30.6g     | 87g         |
| of which sugars    | 2.4g      | 6.8g        |
| Fibre              | 1.9g      | 5.5g        |
| Fat                | 16.7g     | 47.5g       |
| of which saturated | 7.6g      | 21.5g       |
| Sodium             | 594.1mg   | 1689.6mg    |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                          |
|----------|------------|--------------------------------------------------------------------------------------------------------------------------|
| 20ml     | 40ml       | Rub Mix<br><i>(5ml [10ml] Onion Flakes,<br/>10ml [20ml] NOMU One For<br/>All Rub &amp; 5ml [10ml] Chicken<br/>Stock)</i> |
| 50ml     | 100ml      | Fresh Cream                                                                                                              |
| 100g     | 200g       | Penne Pasta                                                                                                              |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                                         |
| 10g      | 20g        | Almonds                                                                                                                  |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                                                                                        |
| 7,5ml    | 15ml       | White Balsamic Vinegar                                                                                                   |
| 50g      | 100g       | Sliced Pork Chorizo<br><i>roughly chop</i>                                                                               |
| 40ml     | 80ml       | Grated Italian-style Hard<br>Cheese                                                                                      |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i>                                                                    |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

**1. PENNE FOR YOUR THOUGHTS** Boil the kettle. Place a pot over medium heat. Add the rub mix, 300ml [600ml] of boiling water, the cream, and seasoning. Mix until fully combined. Bring up to a boil, and add the pasta. Cook until the sauce has thickened and the pasta is cooked al dente, 12-15 minutes. Add more boiling water if it reduces too quickly.

**2. NUTTY FETA SALAD** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a salad bowl, toss together the green leaves, ½ the almonds, the feta, the balsamic vinegar (to taste) and a drizzle of olive oil, and seasoning.

**3. CHORIZO & CHEESE** When the pasta is cooked, add the chorizo, ½ the cheese, and seasoning. Mix until fully combined.

**4. AMAZING ALFREDO** Plate up a heaping helping of the creamy chorizo alfredo. Top with the remaining cheese, the parsley, and the remaining almonds. Side with the fresh green salad. Stunningly simple, Chef!