



WCOOK

Chorizo Alfredo

with Italian-style hard cheese & fresh oregano

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1392kJ	3958kJ
Energy	333kcal	947kcal
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: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20ml	40ml	Rub Mix <i>(5ml [10ml] Onion Flakes, 10ml [20ml] NOMU One For All Rub & 5ml [10ml] Chicken Stock)</i>
50ml	100ml	Fresh Cream
100g	200g	Penne Pasta
10g	20g	Almonds
20g	40g	Danish-style Feta <i>drain</i>
7,5ml	15ml	White Balsamic Vinegar
50g	100g	Sliced Pork Chorizo <i>roughly chop</i>
40ml	80ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Oregano <i>rinse, pick & finely chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</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 oregano, and the remaining almonds. Side with the fresh green salad. Stunningly simple, Chef!