



UCOOK

Chorizo Alfredo

with Italian-style hard cheese & fresh parsley

A one-pot pasta recipe that's ready in under 30 minutes, making this dish a heaven-sent to make after a busy day. Al dente penne pasta and salty chorizo are coated with a NOMU Provençal Rub-spiced stock & cream alfredo sauce. Topped with cheese, fresh parsley, and almonds. Side with a simple salad... and dinner is done, Chef!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Morgan Otten

 Quick & Easy

 Strandveld | Adamastor White Blend

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Ingredients & Prep

80ml	Rub Mix <i>(20ml Onion Flakes, 40ml NOMU Provençal Rub & 20ml Chicken Stock)</i>
200ml	Fresh Cream
500g	Penne Pasta
80g	Green Leaves <i>rinse & roughly shred</i>
10g	Fresh Parsley <i>rinse, pick & finely chop</i>
40g	Almonds
200g	Sliced Pork Chorizo
125ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. CREAMY PASTA Boil the kettle. Place a pot over medium heat. Add the rub mix, 1.2L of boiling water, the cream, and seasoning. Mix until fully combined. Bring up to a boil. Add the penne. Cook until the sauce has thickened and the penne is cooked al dente, 12-15 minutes. Add more boiling water if it reduces too quickly.

2. BALANCE THE RICHNESS While the pasta is cooking, prep the green leaves and the parsley as specified in the ingredients table. In a salad bowl, toss together the shredded green leaves, ½ the almonds, a drizzle of olive oil, and seasoning.

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

4. A PENNE FOR YOUR THOUGHTS Plate up a heaping helping of the creamy chorizo alfredo. Top with the remaining grated cheese, the chopped parsley, and the remaining almonds. Side with the fresh green salad. Stunningly simple, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	1426kj
Energy	341kcal
Protein	13.7g
Carbs	37g
of which sugars	2.3g
Fibre	3.1g
Fat	15.2g
of which saturated	6.7g
Sodium	480.9mg

Allergens

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

Cook
within
4 Days