

WCOOK

Chorizo Alfredo

with Italian-style hard cheese & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 30 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 <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
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
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 Parsley <i>rinse, pick & 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!