

UCOOK

Spicy Chorizo Pasta

with grated Italian-style hard cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Muratie Wine Estate | Muratie Lady Alice

MCC Rosé

Nutritional Info	Per 100g	Per Portion
Energy	1074k	2975k]
Energy	257kcal	712kcal
Protein	12.4g	34.5g
Carbs	28g	78g
of which sugars	2.6g	7.3g
Fibre	2g	5.4g
Fat	10.3g	28.7g
of which saturated	4.3g	12g
Sodium	288mg	798mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat,

Sulphites, Alcohol

Spice Level: Hot

Ingredients & Prep Actions:		
Serves 1	[Serves 2]	
125g	250g	Fresh Mafaldine Pasta
1	1	Garlic Clove peel & grate
15ml	30ml	Paprika Spice Mix (10ml [20ml] Smoked Paprika & 5ml [10ml] Dried Chilli Flakes)
50g	100g	Sliced Pork Chorizo roughly chop
3g	5g	Fresh Oregano rinse & pick
50ml	100ml	Sour Cream
20g	40g	Piquanté Peppers drain
20ml	40ml	Grated Italian-style Hard Cheese
From Your Kitchen		
Oil (cooking, olive or coconut) Seasoning (salt & pepper) Water Butter Sugar/Sweetener/Honey		

taste).

- PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.
 SPICY PAPRIKA Place a pan over medium heat with a drizzle of oil, and a knob of butter. When hot,
- fry the garlic, the paprika spice mix, the chorizo, and ½ the oregano, until fragrant, 30-60 seconds (shifting occasionally).

 3. SWEET SOUR CREAM SAUCE Remove from the heat and add the sour cream. Add 100ml [200ml] of pasta water and simmer until thickened, 5-6 minutes. Add the pasta, seasoning, and a sweetener (to
- 4. INDULGE IN ITALY Serve up the creamy pasta and scatter over the cheese, the piquanté peppers, and the remaining oregano. Enjoy!