



Product Spotlight: Parsley

Don't throw out leftover parsley stems! They can be frozen and used to flavour stocks, soups or blended into sauces. We love blending the stems with some yoghurt and garlic to make a yummy dressing.



Creamy Chorizo & Capsicum Pasta

Smokey chorizo and sweet capsicum cooked in a creamy sauce with sour cream and cherry tomatoes, tossed through pasta and served with fresh parsley.



30 minutes



4 servings



Pork

Secret Veg!

Want to hide the veggies from the kids? Cook the chorizo, remove from pan and cook remaining sauce ingredients. Use a stick mixer to blend to a smooth consistency then add the chorizo and pasta!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	29g	67g

FROM YOUR BOX

SHORT PASTA	1 packet
RED ONION	1
RED CAPSICUM	1
CHORIZO	2-pack
CHERRY TOMATOES	400g
TOMATO PASTE	2 sachets
SOUR CREAM	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

Want to add extra veg? Add grated carrot at step 3, or baby spinach or frozen peas at step 4.

If desired, garnish with dried chilli flakes and parmesan cheese.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion** and **chorizo**, slice **capsicum**, and finely chop **parsley**, including tender stems (see notes).



3. COOK THE CHORIZO

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **chorizo** and cook, stirring occasionally, for 3–5 minutes until **chorizo** begins to brown and **onion** softens. Add **2 tsp smoked paprika**, **capsicum** and **cherry tomatoes**. Cook, covered, for 5 minutes.



4. SIMMER THE SAUCE

Add **tomato paste**, **1 cup cooking liquid** and **sour cream** to the **chorizo**. Simmer for 5 minutes.



5. TOSS THE PASTA

Add **pasta** to the **sauce** and toss to combine. Add extra **cooking liquid** as necessary to loosen the sauce. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **pasta** among bowl. Garnish with **parsley** (see notes).

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