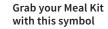
One-Tray Chorizo Veggie Toss with Balsamic Vinaigrette, Fetta & Almonds









Sweet Potato



Zucchini Mix



Lemon Pepper Seasoning



Mild Chorizo





Roasted Almonds

Baby Spinach







Fetta Cubes

Balsamic Vinaigrette Dressing



Pantry items Olive Oil, Honey

Prep in: 10-20 mins Ready in: 35-45 mins



This colourful meal is done in four steps and uses only one oven tray to save on washing up. With most of the magic made in the oven, it literally cooks itself, with the mild chorizo adding a rich and salty depth of flavour to the veggies. Too easy!

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot & zucchini mix	1 medium bag	1 large bag
lemon pepper seasoning	1 medium sachet	2 medium sachets
mild chorizo	1 packet (250g)	2 packets (500g)
roasted almonds	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
honey*	1 tbs	2 tbs
balsamic vinaigrette dressing	1 bottle (25ml)	2 bottles (50ml)
fetta cubes	1 large packet	2 large packets
mild chorizo**	1 packet (250g)	2 packets (500g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2696kJ (644Cal)	582kJ (139Cal)
Protein (g)	35.5g	7.7g
Fat, total (g)	43.5g	9.4g
- saturated (g)	14.6g	3.2g
Carbohydrate (g)	26.9g	5.8g
- sugars (g)	16g	3.5g
Sodium (mg)	2304mg	498mg
Dietary Fibre	6.8g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4121kJ (985Cal)	701kJ (168Cal)
Protein (g)	58.5g	9.9g
Fat, total (g)	70.3g	12g
- saturated (g)	24.7g	4.2g
Carbohydrate (g)	28.8g	4.9g
- sugars (g)	17.9g	3g
Sodium (mg)	3693mg	628mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- Place sweet potato and carrot & zucchini mix on a lined oven tray.
- Sprinkle with lemon pepper seasoning and drizzle with olive oil. Season with salt and pepper and toss to coat.
- Roast for 15 minutes (the veggies will finish cooking in step 2!).

TIP: If your oven tray is crowded, divide the veggies between two trays.



Bring it all together

- · Meanwhile, roughly chop roasted almonds.
- When veggies and chorizo are ready, add baby spinach leaves and almonds to the tray. Drizzle over the honey and balsamic vinaigrette dressing and toss to combine.



Add the chorizo

- Meanwhile, roughly chop mild chorizo.
- After 15 minutes, remove the tray of veggies from oven, then add chorizo to tray.
- Return tray to oven to bake until veggies are tender and chorizo is cooked through, a further 10-15 minutes.

Custom Recipe: If you've doubled your chorizo, spread chorizo over two lined oven trays if your tray is getting crowded.



Serve up

- Divide chorizo and veggie traybake between plates.
- Crumble over fetta cubes to serve. Enjoy!

