



# One-Tray Chorizo Veggie Toss

with Balsamic Vinaigrette, Fetta & Almonds

Grab your Meal Kit with this symbol



Sweet Potato



Carrot & Zucchini Mix



Lemon Pepper Seasoning



Mild Chorizo



Roasted Almonds



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Fetta Cubes



Mild Chorizo

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	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)	2772kJ (663Cal)	568kJ (136Cal)
Protein (g)	35.8g	7.3g
Fat, total (g)	43.6g	8.9g
- saturated (g)	14.6g	3g
Carbohydrate (g)	31.4g	6.4g
- sugars (g)	20.1g	4.1g
Sodium (mg)	2323mg	476mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4197kJ (1003Cal)	685kJ (164Cal)
Protein (g)	58.7g	9.6g
Fat, total (g)	70.4g	11.5g
- saturated (g)	24.7g	4g
Carbohydrate (g)	33.3g	5.4g
- sugars (g)	22g	3.6g
Sodium (mg)	3712mg	606mg

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

## We're here to help!

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## 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.
- Drizzle with **olive oil** and sprinkle with **lemon pepper seasoning**. 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 done, 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 and bake until veggies are tender and chorizo is cooked through, a further **10-15 minutes**.

**Custom Recipe:** If you've doubled your chorizo, prepare and cook chorizo as above. Spread chorizo over two oven trays if your tray is getting crowded.



## Serve up

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

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