



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

Carb Smart*
**Custom recipe is not Carb Smart*

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 |
|-------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 1 | 2 |
| carrot & zucchini mix | 1 medium packet | 1 large packet |
| lemon pepper seasoning | 1 medium sachet | 2 medium sachets |
| mild chorizo | 1 packet | 2 packets |
| roasted almonds | 1 medium packet | 1 large packet |
| baby spinach leaves | 1 medium packet | 1 large packet |
| honey* | 1 tbs | 2 tbs |
| balsamic vinaigrette dressing | 1 medium packet | 2 medium packets |
| fetta cubes | 1 large packet | 2 large packets |
| mild chorizo** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2624kJ (627Cal) | 599kJ (143Cal) |
| Protein (g) | 32.5g | 7.4g |
| Fat, total (g) | 44.7g | 10.2g |
| - saturated (g) | 15.3g | 3.5g |
| Carbohydrate (g) | 23.8g | 5.4g |
| - sugars (g) | 16.7g | 3.8g |
| Sodium (mg) | 2290mg | 523mg |
| Dietary Fibre (g) | 10g | 2.3g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4038kJ (965Cal) | 717kJ (171Cal) |
| Protein (g) | 53g | 9.4g |
| Fat, total (g) | 72.6g | 12.9g |
| - saturated (g) | 26.1g | 4.6g |
| Carbohydrate (g) | 25.3g | 4.5g |
| - sugars (g) | 18.3g | 3.3g |
| Sodium (mg) | 3648mg | 648mg |

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.

1



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.

3



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.

2



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 mild chorizo, prepare and cook chorizo as above. Spread chorizo over two oven trays if your tray is getting crowded.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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