



Cheesy Chorizo & Veggie Traybake

with Baby Spinach & Mayo

Grab your Meal Kit with this symbol



Cauliflower



Potato



Capsicum



Aussie Spice Blend



Baby Spinach Leaves



Mild Chorizo

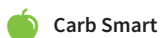


Grated Parmesan Cheese



Mayonnaise

Prep in: **15-25 mins**
Ready in: **30-40 mins**



Mild chorizo adds instant charm to a trayful of veggies in this no-fuss recipe, imparting a lovely salty and smokey flavour. Along with the mild baby spinach, the sweetness from the capsicum works to balance out the richness of the dish.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
potato	1	2
capsicum	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
Aussie spice blend	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2699kJ (645Cal)	452kJ (108Cal)
Protein (g)	39.9g	6.7g
Fat, total (g)	40.6g	6.8g
- saturated (g)	13g	2.2g
Carbohydrate (g)	29.2g	4.9g
- sugars (g)	14.3g	2.4g
Sodium (mg)	2226mg	373mg
Dietary Fibre (g)	8.9g	1.5g

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

1



Get prepped & start the traybake

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** into small florets. Cut **potato** and **capsicum** into bite-sized chunks.
- Slice **mild chorizo** into thick rounds.
- Place **cauliflower** and **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat. Roast until browned and tender, **20-25 minutes**.

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

3



Make the salad

- When the **traybake** is ready, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray.
- Gently toss to combine.

2



Finish the traybake

- When potato and cauliflower have **15 minutes** remaining, remove the tray from the oven.
- Add **capsicum** and **chorizo** to the tray. Sprinkle over **grated Parmesan cheese**.
- Roast until veggies are tender and cheese is melted, **10-15 minutes**.

4



Serve up

- Divide cheesy chorizo and veggie traybake between bowls or plates.
- Serve with a dollop of **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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