



One-Tray Cheesy Chorizo & Cauliflower Medley

with Baby Spinach & Mayo

Grab your Meal Kit with this symbol



Cauliflower



Sweet Potato



Capsicum



Mild Chorizo



Aussie Spice Blend



Parmesan Cheese



Baby Spinach Leaves



Mayonnaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Carb Smart^
^Custom recipe is not Carb Smart

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

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

Pantry items

Olive Oil, White Wine Vinegar

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
cauliflower	1 large portion	2 large portions
sweet potato	1	2
capsicum	1	2
mild chorizo	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	447kJ (107Cal)
Protein (g)	33.1g	5.6g
Fat, total (g)	42.8g	7.2g
- saturated (g)	14.2g	2.4g
Carbohydrate (g)	29.9g	5g
- sugars (g)	18.6g	3.1g
Sodium (mg)	2151mg	362mg
Dietary Fibre (g)	7.8g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (807Cal)	445kJ (106Cal)
Protein (g)	69.8g	9.2g
Fat, total (g)	45.4g	6g
- saturated (g)	15g	2g
Carbohydrate (g)	30.1g	4g
- sugars (g)	18.6g	2.4g
Sodium (mg)	2222mg	292mg
Dietary Fibre	8g	1.1g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Start the traybake

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** into small florets.
- Cut **sweet 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.

Custom Recipe: If you've added chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side.

3



Make the salad

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

4



Serve up

- Divide cheesy chorizo and cauliflower medley between plates.
- Serve with a dollop of **mayonnaise**. Enjoy!

Custom Recipe: Divide chicken, cheesy chorizo and cauliflower medley between plates to serve.

Rate your recipe

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