



# 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
<b>olive oil*</b>	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	½ medium packet	1 medium packet
baby spinach leaves	1 medium packet	1 large packet
<b>honey*</b>	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)	2645kJ (632Cal)	606kJ (145Cal)
Protein (g)	31.1g	7.1g
Fat, total (g)	46.2g	10.6g
- saturated (g)	15.8g	3.6g
Carbohydrate (g)	23.2g	5.3g
- sugars (g)	16.5g	3.8g
Sodium (mg)	2289mg	524mg
Dietary Fibre (g)	8.2g	1.9g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4059kJ (970Cal)	723kJ (173Cal)
Protein (g)	51.6g	9.2g
Fat, total (g)	74.1g	13.2g
- saturated (g)	26.5g	4.7g
Carbohydrate (g)	24.7g	4.4g
- sugars (g)	18g	3.2g
Sodium (mg)	3647mg	650mg
Dietary Fibre (g)	8.3g	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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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.

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 tray of veggies from the 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.

4



## Serve up

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

## Rate your recipe

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# Deconstructed Lemon Poached Pear Cheesecake

with Spiced Oat Crumble & Pecans

MOTHER'S DAY SPECIAL

KID FRIENDLY

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Pear



Lemon



Classic Oat Mix



Sweet Golden Spice Blend



Pecans



Cream Cheese



Light Cooking Cream

Prep in: 20-30 mins  
Ready in: 40-50 mins

These deconstructed cheesecakes pack all the flavour with no fuss! Load up your bowl with silky cheesecake filling, tender lemon poached pears and some spiced oat crumble. Top them off with a drizzle of caramel for the ultimate finish.

### Pantry items

Butter, Brown Sugar, Caster Sugar

## Before you start

Wash your hands and any fresh food.

*If you're cooking for 6, double your quantities and cook in two batches!*

## You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Electric beaters

## Ingredients

	4 People
pear	2
lemon	1
<b>butter*</b>	140g
<b>water*</b>	1 cup
<b>brown sugar*</b>	½ cup
classic oat mix	1 medium packet
sweet golden spice blend	1 medium sachet
pecans	1 small packet
cream cheese	1 medium packet
light cooking cream	1 medium packet
<b>caster sugar*</b>	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2703kJ (646Cal)	949kJ (226Cal)
Protein (g)	8.6g	3g
Fat, total (g)	40.4g	14.2g
- saturated (g)	23.2g	8.1g
Carbohydrate (g)	56.6g	19.9g
- sugars (g)	37.5g	13.2g
Sodium (mg)	352mg	124mg
Dietary Fibre (g)	6.3g	2.2g

The quantities provided above are averages only.

\*Nutritional information is based on 4 servings.

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and quarter **pears**.
- Zest **lemon**.
- In a medium microwave-safe bowl, add the **butter** and microwave in **10 second** bursts or until melted.



## Whisk the cream cheese

- While the crumb is cooling, to a medium bowl, add **cream cheese** and beat using electric beaters until smooth, **1-2 minutes**.
- Add **light cooking cream, lemon zest** and the **sugar** and beat until well combined and smooth, **1-2 minutes**.



## Poach the pears

- In a medium saucepan, combine the **water** and **brown sugar**.
- Bring to a boil over medium-high heat, add **pear**, then reduce heat to medium and cover. Simmer, turning the pear occasionally, until tender, **20-25 minutes**.



## Make the caramel

- Remove **pears** from the poaching liquid and return pan to high heat. Bring the **poaching liquid** to the boil and cook until light golden brown and reduced to a caramel, **3-5 minutes**.
- Remove from the heat and set aside to cool slightly.

**TIP:** Watch the caramel carefully so it doesn't burn!



## Bake the spiced oat crumble

- While the pear is poaching, add **classic oat mix** and **sweet golden spice blend** to the melted butter. Stir to combine.
- Evenly spread **crumble** on one side of a lined oven tray. Bake until golden, **6-10 minutes**.
- When the crumble has **5 minutes** remaining, add **pecans** on the other side of the tray and spread out evenly, until toasted. Set aside to cool.

**TIP:** Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



## Serve up

- Roughly chop the toasted pecans. Divide the cream cheese mixture between bowls.
- Top with the lemon poached pears, some of the spiced oat crumble and pecans. Drizzle over the caramel to serve. Enjoy!

**TIP:** Store any remaining crumble in an air-tight container.

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