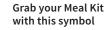
One-Tray Chorizo Veggie Toss with Balsamic Vinaigrette, Fetta & Almonds









Sweet Potato





Lemon Pepper



Seasoning



Mild Chorizo



Roasted Almonds



Baby Spinach Leaves

Fetta Cubes



Balsamic Vinaigrette Dressing





Pantry items Olive Oil, Honey

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!

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	½ medium packet	1 medium 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	

Nutrition

*Pantry Items **Custom Recipe Ingredient

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	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 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.



Serve up

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



Rate your recipe

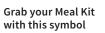


Deconstructed Lemon Poached Pear Cheesecake

with Spiced Oat Crumble & Pecans

MOTHER'S DAY SPECIAL

KID FRIENDLY











Classic Oat









Pecans

Cream Cheese



Light Cooking Cream



Prep in: 20-30 mins Ready in: 40-50 mins 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
butter*	140g
water*	1 cup
brown sugar*	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
caster sugar*	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.

Allergens

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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.



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.



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!



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.



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!



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.



