



One-Tray Chorizo Veggie Toss

with Balsamic Vinaigrette, Fetta & Almonds

Grab your meal kit with this number

5



Sweet Potato



Carrot & Zucchini Mix



Lemon Pepper Seasoning



Mild Chorizo



Roasted Almonds



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Fetta Cubes

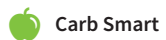


Mild Chorizo



Chicken Thigh

Prep in: 10-20 mins
Ready in: 35-45 mins



Carb Smart

Eat Me First

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!

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

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 sachet	2 sachets
roasted almonds	½ medium packet	1 medium packet
mild chorizo	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
balsamic vinaigrette dressing	1 packet	2 packets
fetta cubes	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2649kJ (633Cal)	607kJ (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)	2290mg	525mg
Dietary Fibre (g)	8.2g	1.9g

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**.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



2024 | CW28

CUSTOM OPTIONS



DOUBLE MILD CHORIZO

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Heat a frying pan over medium-high heat with oil, brown chicken thigh, 2 minutes each side. Transfer to oven tray, bake until cooked through, 12-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

