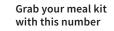


One-Tray Chorizo Veggie Toss with Balsamic Vinaigrette, Fetta & Almonds

HELLOHERO







Sweet Potato



Carrot & Zucchini



Lemon Pepper Seasoning



Mild Chorizo





Baby Spinach

Roasted Almonds



Balsamic Vinaigrette Dressing



Fetta Cubes







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

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!



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

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
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 packet	2 packets
fetta cubes	1 large packet	2 large packets
*Pantry Items		

runti y items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2653kJ (634cal)	267kJ (64cal)
Protein (g)	31.7g	3.2g
Fat, total (g)	45.9g	4.6g
- saturated (g)	15.6g	1.6g
Carbohydrate (g)	23.2g	2.3g
- sugars (g)	16.6g	1.7g
Sodium (mg)	2298mg	231.3mg
Dietary Fibre (g)	8.2g	0.8g

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.



Add the chorizo

- Meanwhile, roughly chop mild chorizo.
- After 15 minutes, remove the 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.



Bring it all together

- Meanwhile, roughly chop roasted almonds (see ingredients).
- 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.



Serve up

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



