



# Easy Chorizo & Veggie Traybake

with Spinach, Fetta & Almonds

Grab your Meal Kit with this symbol



Potato



Roasted Almonds



Baby Spinach Leaves



Balsamic Vinaigrette



Carrot & Zucchini Mix

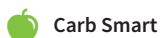


Mild Chorizo



Fetta Cubes

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!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot & zucchini mix	1 medium bag	1 large bag
mild chorizo	1 packet (250g)	2 packets (500g)
roasted almonds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	2 medium packets
balsamic vinaigrette	1 bottle (25ml)	2 bottles (50ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2682kJ (641Cal)	574kJ (137Cal)
Protein (g)	38.6g	8.3g
Fat, total (g)	43.5g	9.3g
- saturated (g)	14g	3g
Carbohydrate (g)	22.6g	4.8g
- sugars (g)	11.4g	2.4g
Sodium (mg)	2053mg	439mg
Dietary Fibre (g)	10.9g	2.3g

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.



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, 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 the veggies and chorizo are ready, add **baby spinach leaves** and **almonds** to the tray. Drizzle over the **balsamic vinaigrette** and toss to combine.

**Little cooks:** Help add the spinach leaves and almonds to the veggie and chorizo tray. Be careful, the tray may be hot!



## Add the chorizo

- Meanwhile, roughly chop **mild chorizo**.
- After **15 minutes**, remove veggie tray from oven, then add **chorizo** to tray.
- Return tray to the oven to bake until veggies are tender and chorizo is cooked through, a further **10-15 minutes**.



## Serve up

- Divide chorizo and veggie traybake between plates.
- Crumble over **fetta cubes**. Enjoy!

**Little cooks:** Add the finishing touch by crumbling over the fetta!

## We're here to help!

Scan here if you have any questions or concerns

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