

Easy Chorizo & Veggie Traybake

with Parmesan & Salad

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Mild Chorizo



Aussie Spice Blend



Grated Parmesan Cheese



Tomato



Mixed Leaves



Mayonnaise

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

Mild chorizo adds instant charm to a trayful of cauliflower and carrot in this no-fuss recipe, imparting a lovely salty and smokey flavour. The sweet bursts of tomato along with the peppery rocket in the salad are perfect for balancing out the richness.

Pantry items

Olive Oil, White Wine Vinegar

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
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
carrot	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
Aussie spice blend	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
tomato	1	2
white wine vinegar*	drizzle	drizzle
mixed leaves	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2477kJ (592Cal)	453kJ (108Cal)
Protein (g)	37.7g	6.9g
Fat, total (g)	40.5g	7.4g
- saturated (g)	13g	2.4g
Carbohydrate (g)	18.1g	3.3g
- sugars (g)	12.7g	2.3g
Sodium (mg)	2202mg	403mg
Dietary Fibre	9.6g	1.8g

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.

1



Start the traybake

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Slice **mild chorizo** into thick rounds.
- Place **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **Aussie spice blend**, tossing to coat. Roast until browned and tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Make the salad

- While traybake is finishing, roughly chop **tomato**.
- In a medium bowl, combine a drizzle **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **tomato** and **mixed leaves**. Toss to coat.

2



Finish the traybake

- When veggies have **15 minutes** remaining, remove tray from oven.
- Add **chorizo** to tray. Sprinkle over **grated Parmesan cheese**.
- Roast until veggies are tender and cheese is golden and crisp, **10-15 minutes**.

4



Serve up

- Divide cheesy chorizo and veggie traybake and salad between plates.
- Serve with a dollop of **mayonnaise**.

Enjoy!

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