

# Easy Roast Chorizo & Cauliflower Rice

with Sweet Potato & Garlic Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Lemon



Capsicum



Onion



Garlic



Chicken-Style Stock Powder



Baby Spinach Leaves



Mild Chorizo




Greek-Style Yoghurt



Cauliflower Rice

Prep in: **15-25 mins**  
Ready in: **30-40 mins**

 Carb Smart

Leave it up to chorizo to do the heavy lifting in this carb smart dish that's big on flavour and scant on effort. Tray baking veggies, then topping with this feisty Spanish sausage ensures maximum flavours that all end up in your mouth! Serve with cauliflower rice and garlic yoghurt to round out this winner dinner.

### Pantry items

Olive Oil, Butter

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
lemon	½	1
capsicum	1	2
onion	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2556kJ (611Cal)	405kJ (97Cal)
Protein (g)	35.7g	5.7g
Fat, total (g)	36.2g	5.7g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	34.3g	5.4g
- sugars (g)	24.3g	3.9g
Sodium (mg)	2035mg	323mg
Dietary Fibre (g)	10.6g	1.7g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Slice **lemon** into wedges. Roughly chop **capsicum, onion** and **mild chorizo**.
- Place **sweet potato, capsicum** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast for **10 minutes**. Add **chorizo** to the tray and roast until veggies are tender and chorizo is browned, a further **10-15 minutes**.

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

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## Cook cauliflower rice

- When roast veggies and chorizo have **5 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil** and the **butter**.
- Cook remaining **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice** and **chicken-style stock powder** and cook until softened, **2-4 minutes**.
- When roast veggies and chorizo are ready, remove tray from oven. Squeeze over some **lemon**. Add **baby spinach leaves** and gently toss to combine.

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## Make the garlic yoghurt

- While the veggies are roasting, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat.
- Cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

4



## Serve up

- Divide cauliflower rice and roast chorizo and sweet potato toss between bowls.
- Top with garlic yoghurt. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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