



# Comforting Chorizo & Cherry Tomato Stew

with Couscous & Parsley

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Leek



Mild Chorizo



Soffritto Mix



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Parsley



Diced Chicken

Prep in: 15-25 mins  
Ready in: 15-25 mins

Eat Me Early\*  
*\*Custom Recipe only*

A saucy chorizo stew with soffritto and leek does wonders to add flavour on top of fluffy and soft couscous. Serving up chorizo and couscous together brings a balance to dinner time that we crave.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
leek	1	2
mild chorizo	1 packet	2 packets
soffritto mix	1 bag (150g)	1 bag (300g)
garlic & herb seasoning	1 medium sachet	1 large sachet
tinned cherry tomatoes	1 tin	2 tins
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2821kJ (674Cal)	543kJ (130Cal)
Protein (g)	29g	5.6g
Fat, total (g)	35.3g	6.8g
- saturated (g)	15.6g	3g
Carbohydrate (g)	55.2g	10.6g
- sugars (g)	16.9g	3.3g
Sodium (mg)	1989mg	383mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3478kJ (831Cal)	519kJ (124Cal)
Protein (g)	62.5g	9.3g
Fat, total (g)	37.7g	5.6g
- saturated (g)	16.3g	2.4g
Carbohydrate (g)	55.2g	8.2g
- sugars (g)	16.9g	2.5g
Sodium (mg)	2050mg	306mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Get prepped

- Boil the kettle.
- Thinly slice **leek**. Thinly slice **mild chorizo** into half-moons.



## Make the couscous

- Meanwhile, place **couscous** and **vegetable stock powder** in a medium heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



## Make the stew

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chorizo** and **leek** until browned, **3-4 minutes**.
- Add **soffritto mix** and cook until tender, **4-5 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **tinned cherry tomatoes**, the **brown sugar**, **butter** and a splash of **water**. Simmer, crushing **tomatoes** with the back of a spoon, until slightly reduced, **2-3 minutes**. Season to taste.

**Custom Recipe:** If you've added diced chicken to your meal, cook chicken with chorizo and leek, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.



## Serve up

- Remove the saucepan from heat, then add **baby spinach leaves** and stir until wilted.
- Divide couscous between bowls. Top with chorizo and cherry tomato stew.
- Tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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