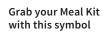


Comforting Chorizo & Cherry Tomato Stew with Couscous & Parsley

NEW

CLIMATE SUPERSTAR











Mild Chorizo





Soffritto Mix





Tinned Cherry



Couscous

Tomatoes



Vegetable Stock



Baby Spinach

Powder



Parsley





Ready in: 15-25 mins

Eat Me Early*

*Custom Page *Custom Recipe only and couscous together brings a balance to dinner time that we crave.

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 |
|-----------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------|
| olive oil* | 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 |
| brown sugar* | 1 tsp | 2 tsp |
| handa av* | 0.0 | 40 |
| butter* | 20g | 40g |
| couscous | 1 packet | 1 packet |
| | 0 | · · |
| couscous vegetable stock | 1 packet | 1 packet |
| couscous vegetable stock powder | 1 packet 1 medium sachet | 1 packet 1 large sachet |
| couscous vegetable stock powder boiling water* baby spinach | 1 packet 1 medium sachet 3⁄4 cup | 1 packet 1 large sachet 1½ cups |
| couscous vegetable stock powder boiling water* baby spinach leaves | 1 packet 1 medium sachet 34 cup 1 small bag | 1 packet 1 large sachet 1½ cups 1 medium bag |

^{*}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 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





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!

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate