



Easy Chorizo, Potato & Veggie Traybake

with Dill-Parsley Mayo & Feta

Grab your Meal Kit with this symbol



Potato



Carrot



Capsicum



Mild Chorizo



Flaked Almonds



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Cow's Milk Feta



Mild Chorizo

Prep in: **10-20 mins**
Ready in: **30-40 mins**

Baking veggies on a tray in the oven, it's a no fuss method to ensure a tonne of flavours all come together. The chorizo is an addition that we are absolutely sure will knock your socks off!

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

Pantry items

Olive Oil, Balsamic Vinegar

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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
capsicum	1	2
mild chorizo	1 packet	2 packets
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
dill & parsley	1 packet	1 packet
mayonnaise	(40g)	(80g)
cow's milk feta	½ packet (95g)	1 packet (190g)
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3801kJ (908Cal)	626kJ (150Cal)
Protein (g)	39.4g	6.5g
Fat, total (g)	64.4g	10.6g
- saturated (g)	23.9g	3.9g
Carbohydrate (g)	43.4g	7.2g
- sugars (g)	17.3g	2.9g
Sodium (mg)	2101mg	346mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5081kJ (1214Cal)	719kJ (172Cal)
Protein (g)	57.5g	8.1g
Fat, total (g)	89.7g	12.7g
- saturated (g)	33.6g	4.8g
Carbohydrate (g)	45.4g	6.4g
- sugars (g)	17.3g	2.4g
Sodium (mg)	2991mg	423mg

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

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **capsicum** into bite-sized chunks.
- Place **potato, carrot** and **capsicum** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, then roast for **15 minutes**.

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

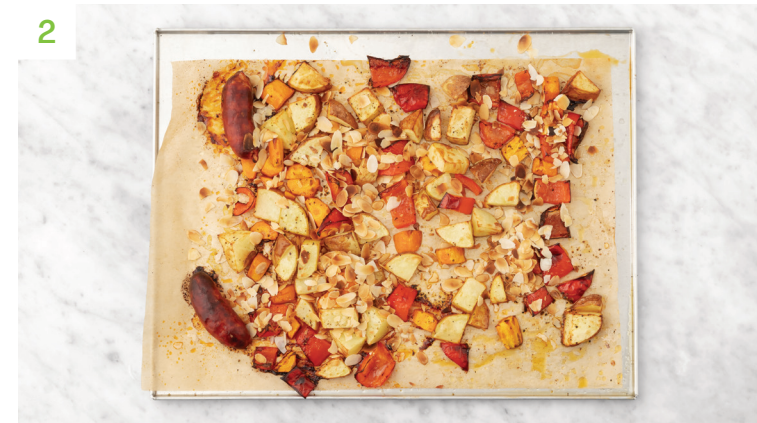
3



Bring it all together

- When the veggies and chorizo are done, remove toasted **almonds** from tray and transfer to a small bowl.
- Add **spinach & rocket mix** and a drizzle of **balsamic vinegar** to the tray and toss to combine. Season to taste.

2



Add the chorizo & almonds

- Meanwhile, roughly chop **mild chorizo**.
- After the veggies have roasted for **15 minutes**, remove tray from oven, then add **chorizo**. Return to the oven and bake until veggies are tender and chorizo is cooked through, **10-15 minutes**.
- In the last **3 minutes** of cook time, add **flaked almonds** to the side of the tray and toast until golden.

Custom Recipe: If you've doubled your chorizo, use two lined oven trays for the best result.

4



Serve up

- Divide chorizo and veggie traybake between plates.
- Sprinkle over toasted almonds.
- Drizzle with **dill & parsley mayonnaise**. Crumble over **feta (see ingredients)** to serve. Enjoy!

Rate your recipe

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