



Comforting Chorizo & Veggie Traybake

with Parmesan Cheese & Herby Mayo

SUMMER SALADS

Grab your Meal Kit with this symbol



Potato



Beetroot



Mild Chorizo



Peeled Pumpkin Pieces



Grated Parmesan Cheese



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Mild Chorizo

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

Carb Smart*
**Custom Recipe is not Carb Smart*

Mild chorizo adds instant charm to a trayful of veggies in this no-fuss recipe, imparting a lovely salty and smokey flavour. Along with the creamy herb mayo, the sweetness from the pumpkin works to balance out the richness of the dish.

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

Pantry items

Olive Oil, White Wine 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
beetroot	1	2
mild chorizo	1 packet	2 packets
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
grated Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	495kJ (118Cal)
Protein (g)	30g	5.6g
Fat, total (g)	40.2g	7.4g
- saturated (g)	12.8g	2.4g
Carbohydrate (g)	36.9g	6.8g
- sugars (g)	23.9g	4.4g
Sodium (mg)	1138mg	211mg
Dietary Fibre (g)	7g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3982kJ (952Cal)	620kJ (148Cal)
Protein (g)	48.6g	7.6g
Fat, total (g)	66.1g	10.3g
- saturated (g)	22.8g	3.6g
Carbohydrate (g)	38.9g	6.1g
- sugars (g)	23.9g	3.7g
Sodium (mg)	2050mg	319mg

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



Start the traybake

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **beetroot** into bite-sized chunks. Finely chop **mild chorizo**.
- Place **peeled pumpkin pieces, potato** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, toss to coat and spread out evenly. Bake until browned and tender, **20-25 minutes**.

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

3



Make the salad

- Meanwhile, roughly chop **baby spinach leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby spinach leaves** until tender, **2-3 minutes**.
- When the cheesy veggies and chorizo are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Season to taste.
- Gently toss to combine.

2



Finish the traybake

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

Custom Recipe: If you've doubled your mild chorizo, divide chorizo and veggies between two oven trays if crowded.

4



Serve up

- Divide cheesy chorizo and veggie traybake between plates.
- Serve with a dollop of **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

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