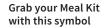
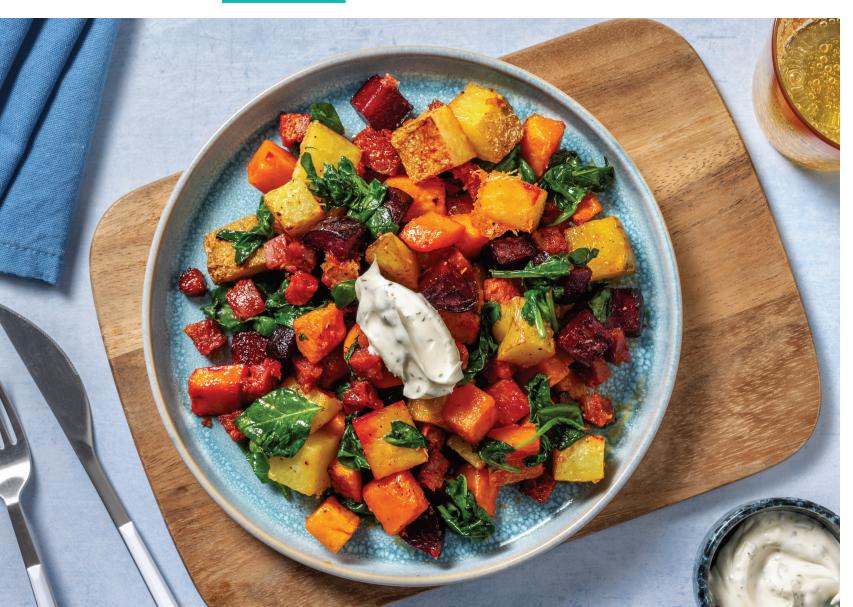


# Comforting Chorizo & Veggie Traybake with Parmesan Cheese & Herby Mayo

SUMMER SALADS















Mild Chorizo

Peeled Pumpkin



**Grated Parmesan** Cheese

**Baby Spinach** Leaves



Dill & Parsley Mayonnaise

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.



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

<sup>\*</sup>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.



## 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.



#### 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.



# 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.



### Serve up

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

