



Comforting Chorizo & Cherry Tomato Stew

with Couscous & Parsley

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



Leek



Mild Chorizo



Soffritto Mix



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Couscous



Vegetable Stock Powder



Baby Leaves



Parsley



Chicken Breast



Grated Parmesan Cheese

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

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.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tinned cherry tomatoes	1 tin	2 tins
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2823kJ (674Cal)	541kJ (129Cal)
Protein (g)	29.1g	5.6g
Fat, total (g)	35.3g	6.8g
- saturated (g)	15.6g	3g
Carbohydrate (g)	55.2g	10.6g
- sugars (g)	17.9g	3.4g
Sodium (mg)	1990mg	381mg
Dietary Fibre (g)	7.7g	1.5g

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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

