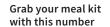


Comforting Chorizo & Cherry Tomato Stew with Couscous & Parsley

and couscous together brings a balance to dinner time that we crave.

CLIMATE SUPERSTAR









Mild Chorizo





Soffritto Mix

Garlic & Herb Seasoning





Tinned Cherry Tomatoes





Vegetable Stock Powder

Baby Leaves



Parsley





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

Olive Oil, Brown Sugar, Butter A saucy chorizo stew with soffritto and leek does wonders to add flavour on top of fluffy and soft couscous. Serving up chorizo

Pantry items

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** (3/4 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!







