

# Chorizo & Veggie Traybake

with Parmesan Cheese & Herby Mayo

WINTER WARMERS

HELLOHERO

Grab your meal kit with this number

18



Potato



Beetroot



Mild Chorizo



Peeled Pumpkin Pieces



Grated Parmesan Cheese



Baby Leaves



Dill & Parsley Mayonnaise




Mild Chorizo



Chicken Breast

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

 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.

### Pantry items

Olive Oil, White Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
beetroot	1	2
mild chorizo	1 packet	2 packets
peeled pumpkin pieces	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2672kJ (639cal)	233kJ (56cal)
Protein (g)	29.8g	2.6g
Fat, total (g)	40.2g	3.5g
- saturated (g)	12.8g	1.1g
Carbohydrate (g)	36.9g	3.2g
- sugars (g)	24.9g	2.2g
Sodium (mg)	1152mg	100.5mg
Dietary Fibre (g)	7g	0.6g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby leaves** until tender, **2-3 minutes**.
- When the cheesy veggies and chorizo are done, add **baby 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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### CUSTOM OPTIONS



#### DOUBLE CHORIZO

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

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

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

