

Chorizo & Root Veggie Traybake

with Parmesan Cheese & Herby Mayo

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 of roast pumpkin works to balance out the richness of this dish. Enjoy!

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
olive oil*	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
white wine vinegar*	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 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

2024 | CW39



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



Finish the traybake

- Meanwhile, roughly chop **baby leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby leaves**, stirring, until wilted, **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 and toss to combine.

2



Add the chorizo and cheese

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

4



Serve up

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

CUSTOM OPTIONS



DOUBLE MILD CHORIZO

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with baby leaves, until cooked through, 4-6 minutes. Continue with recipe.

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

