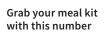


with Couscous & Parsley

CLIMATE SUPERSTAR















Soffritto Mix

Garlic & Herb Seasoning





Tinned Cherry Tomatoes





Vegetable Stock Powder

Baby Leaves



Parsley





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

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 · Medium saucepan

Ingredients

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	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
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (539cal)	539kJ (103cal)
Protein (g)	29.5g	5.7g
Fat, total (g)	35.4g	6.8g
- saturated (g)	15.6g	3g
Carbohydrate (g)	54g	10.3g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1984mg	380.1mg
Dietary Fibre (g)	7.3g	1.4g

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, in a medium saucepan, combine the water and vegetable stock powder and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork.



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









