

with Hidden Veggies & Parmesan

NEW

KID FRIENDLY









Potato





Thyme



Carrot

Leek

Tomato Paste





**Baby Spinach** Leaves

Mild Chorizo



**Bechamel Sauce** 

**Grated Parmesan** Cheese

Prep in: 25-35 mins Ready in: 40-50 mins

Things are getting a bit heated in the kitchen when a mild chorizo is cooking in the pan with a variety of veg. Add a creamy tomato sauce in, flecked with fragrant thyme, to create a mouth-watering filling ready to be baked under a helping of cheesy mash. It's a chorizo pie, baked, beautiful and ready to serve piping hot!

**Pantry items** 

Olive Oil, Butter, Milk

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

 $\label{eq:large_sauce} \mbox{Large frying pan} \cdot \mbox{Medium or large} \\ \mbox{baking dish}$ 

### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
milk*	2 tbs	⅓ cup	
thyme	1 bag	1 bag	
carrot	1	2	
leek	1	2	
mild chorizo	1 packet	2 packets	
tomato paste	1 packet	2 packets	
bechamel sauce	1 medium packet	1 large packet	
water*	1/4 cup	½ cup	
baby spinach leaves	1 medium bag	1 large bag	
grated Parmesan cheese	1 packet (30g)	1 packet (60g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785Cal)	557kJ (133Cal)
Protein (g)	35g	5.9g
Fat, total (g)	48.2g	8.2g
- saturated (g)	22g	3.7g
Carbohydrate (g)	51.6g	8.8g
- sugars (g)	23.3g	4g
Sodium (mg)	1415mg	240mg

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.



## Make the garlic mash

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato** and cut into large chunks. Peel **garlic** cloves.
- Cook potato and garlic in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the butter and milk to the garlic and potato, then season generously with salt. Mash until smooth.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

**Little cooks:** Get those muscles working and help mash the potatoes!



## Get prepped

- Meanwhile, pick thyme leaves. Grate the carrot.
  Thinly slice leek.
- Roughly chop **mild chorizo**.

**Little cooks:** Help pick the thyme leaves from the stems!



# Cook the chorizo & veggies

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook chorizo until browned, 4-5 minutes.
- Add carrot and leek and cook, stirring, until softened, 4-5 minutes.



#### Make it saucy

- Add thyme and tomato paste and cook until fragrant, 1 minute.
- Add bechamel sauce and the water and stir until combined.
- Remove from the heat, then add baby spinach leaves and stir until wilted. Season to taste.



# Grill the pie

- Preheat grill to high.
- Transfer **chorizo mix** to the baking dish then evenly spread the **mashed potato** on top.
- Sprinkle with grated Parmesan cheese.
- Grill pie until lightly golden, 8-10 minutes.

**Little cooks:** Add the finishing touch by sprinkling the cheese on top. Careful, the mixture is hot!



#### Serve up

 Divide creamy chorizo and potato top pie between plates. Enjoy!

