



Hearty Chorizo & Cherry Tomato Stew

with Potato Mash & Parsley

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Onion



Capsicum



Silverbeet



Mild Chorizo



Garlic & Herb Seasoning



Tinned Cherry Tomatoes



Parsley



Chicken Breast



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins



Eat Me Early*

*Custom Recipe only

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Sit back and relax because this stew will come together in a flash. This bowl is like a warm hug with chorizo and veggies simmered in tomato sauce and poured on top of a fluffy pile of mashed potatoes. There's nothing better than a stew that can warm you from the inside out.

Pantry items

Olive Oil, Butter, Milk, Brown Sugar

Before you start

wash your hands and any fresh food

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
onion	1 (medium)	1 (large)
capsicum	1	2
silverbeet	1 bag	1 bag
mild chorizo	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
tinned cherry tomatoes	1 tin	2 tins
brown sugar*	½ tbs	1 tbs
butter* (for the sauce)	20g	40g
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3440kJ (822Cal)	421kJ (101Cal)
Protein (g)	30.8g	3.8g
Fat, total (g)	51.4g	5.1g
- saturated (g)	26.3g	3.2g
Carbohydrate (g)	54.5g	6.7g
- sugars (g)	28.8g	3.5g
Sodium (mg)	1773mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4199kJ (1004Cal)	430kJ (103Cal)
Protein (g)	63.3g	6.5g
Fat, total (g)	57.1g	5.8g
- saturated (g)	28g	2.9g
Carbohydrate (g)	54.5g	5.6g
- sugars (g)	28.8g	2.9g
Sodium (mg)	1871mg	191mg

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

2023 | CW12



1



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add **butter (for the mash)** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

3



Cook the stew

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** and **onion** until browned, **3-4 minutes**.
- Add **capsicum** and cook until tender, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **silverbeet**, **tinned cherry tomatoes**, the **brown sugar**, **butter (for the sauce)** and a splash of **water**, then simmer until slightly reduced, **2-3 minutes**.

Custom Recipe: Before cooking chorizo, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

2



Get prepped

- Thinly slice **onion**. Slice **capsicum** into thin strips. Finely chop **silverbeet**.
- Slice **mild chorizo** into thin half-moons.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.

4



Serve up

- Divide potato mash between bowls.
- Top with chorizo and cherry tomato stew.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

Did we make your tastebuds happy?

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