



One-Pan Spanish Chorizo & Couscous Stew

with Aioli & Lemon

Grab your Meal Kit with this symbol



Mild Chorizo



Capsicum



Tomato



Lemon



Soffritto Mix



Garlic Paste



Tomato Paste



Israeli Couscous



Chicken-Style Stock Powder



Parsley



Garlic Aioli



Shredded Cheddar Cheese

Hands-on: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

The beauty of this smokey paella-style stew is that all of the flavours cook together into a sauce that's equal parts sweet, savoury and powerful. We love the boost you get from the mild chorizo and blistered capsicum – we promise it's never tasted as good!



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

Pantry items

Olive Oil, Butter

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

Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild chorizo	½ packet	1 packet
capsicum	1	2
tomato	1	2
lemon	½	1
soffritto mix	1 packet (150g)	1 packet (300g)
garlic paste	1 packet	1 packet
tomato paste	1 packet	2 packets
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	1¼ cups	2½ cups
butter*	30g	60g
parsley	1 bag	1 bag
garlic aioli	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	609kJ (146Cal)
Protein (g)	18.9g	4.2g
Fat, total (g)	39.3g	8.8g
- saturated (g)	14.3g	3.2g
Carbohydrate (g)	53.3g	12g
- sugars (g)	13.4g	3g
Sodium (mg)	1694mg	381mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (760Cal)	677kJ (161Cal)
Protein (g)	25.1g	5.3g
Fat, total (g)	48.9g	10.4g
- saturated (g)	19.9g	4.2g
Carbohydrate (g)	51.9g	11g
- sugars (g)	14.1g	3g
Sodium (mg)	1867mg	397mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Finely chop **mild chorizo** (see ingredients). Roughly chop **capsicum** and **tomato**. Slice **lemon** into wedges.



Add the couscous

- Add **garlic paste** and **tomato paste** to the pan and cook until fragrant, **1 minute**.
- Add **Israeli couscous**, **chicken-style stock powder** and the **water**. Bring to the boil, then reduce heat to medium-low.
- Cover the pan with a lid (or foil) and simmer, stirring occasionally, until couscous is tender and the water is absorbed, **10-12 minutes**.
- Add the **butter** and a good squeeze of **lemon juice**. Stir and season to taste.



Cook the chorizo & veggies

- Heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chorizo** and **capsicum** until browned, **3-4 minutes**.
- Add **soffritto mix** and **tomato** and cook until tender, **2-3 minutes**.



Serve up

- Divide Spanish chorizo and couscous stew between bowls.
- Tear over **parsley** leaves.
- Serve with **garlic aioli** and any remaining lemon wedges.

CUSTOM RECIPE

If you've added shredded Cheddar cheese to your meal, sprinkle it over the stew to serve.

Enjoy!