

One-Tray Cheesy Chorizo & Cauliflower Medley

with Baby Spinach & Mayo

Grab your Meal Kit with this symbol



Cauliflower



Potato



Capsicum



Mild Chorizo



Aussie Spice Blend



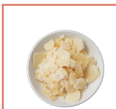
Parmesan Cheese



Baby Spinach Leaves



Mayonnaise



Parmesan Cheese

Prep in: **15-25 mins**
Ready in: **30-40 mins**

 Carb Smart*
**Custom recipe is not 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 baby spinach, the sweetness from the capsicum works to balance out the richness of the dish.

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

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
potato	1	2
capsicum	1	2
mild chorizo	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2612kJ (624Cal)	439kJ (105Cal)
Protein (g)	33.5g	5.6g
Fat, total (g)	42.7g	7.2g
- saturated (g)	14.2g	2.4g
Carbohydrate (g)	26.5g	4.5g
- sugars (g)	14.7g	2.5g
Sodium (mg)	2146mg	361mg
Dietary Fibre (g)	6.9g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2820kJ (674Cal)	464kJ (111Cal)
Protein (g)	37.7g	6.2g
Fat, total (g)	46.4g	7.6g
- saturated (g)	16.9g	2.8g
Carbohydrate (g)	26.8g	4.4g
- sugars (g)	14.8g	2.4g
Sodium (mg)	2279mg	375mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **cauliflower** into small florets.
- Cut **potato** and **capsicum** into bite-sized chunks.
- Slice **mild chorizo** into thick rounds.
- Place **cauliflower** and **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat. Roast until browned and tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Make the salad

- When the veggies are ready, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray.
- Gently toss to combine.

2



Finish the veggies

- When the potato and cauliflower have **15 minutes** remaining, remove the tray from the oven.
- Add **capsicum** and **chorizo** to the tray. Sprinkle over **Parmesan cheese**.
- Roast until veggies are tender and cheese is melted, **10-15 minutes**.

Custom Recipe: If you've doubled your Parmesan cheese, sprinkle extra cheese over veggies as above.

4



Serve up

- Divide cheesy chorizo and cauliflower medley between bowls or plates.
- Serve with a dollop of **mayonnaise**. Enjoy!

Rate your recipe

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