



Chorizo & Veggie Traybake

with Spinach, Fetta & Almonds

Grab your Meal Kit with this symbol



Roasted Almonds



Baby Spinach Leaves



Balsamic Glaze



Carrot & Zucchini Mix



Chopped Potato



Fetta Cubes



Mild Chorizo

Prep in: **10-20** mins
Ready in: **35-45** mins

Naturally Gluten-Free
Not suitable for coeliacs

This colourful meal is done in four steps and uses only one oven tray to save on washing up! With most of the magic made in the oven, it literally cooks itself, with the mild chorizo adding a rich and salty depth of flavour to the veggies. Too easy!

Pantry items

Olive Oil

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

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium bag	1 large bag
carrot & zucchini mix	1 medium bag	1 large bag
mild chorizo	1 packet (250g)	2 packets (500g)
roasted almonds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
balsamic glaze	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2723kJ (651Cal)	486kJ (116Cal)
Protein (g)	40.2g	7.2g
Fat, total (g)	39.2g	7g
- saturated (g)	13.6g	2.4g
Carbohydrate (g)	32.1g	5.7g
- sugars (g)	14.1g	2.5g
Sodium (mg)	1932mg	345mg

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Place **chopped potato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast for **15 minutes** (the veggies will finish cooking in step 2!).

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

3



Bring it all together

- While the veggies and chorizo are baking, roughly chop **roasted almonds**.
- When the veggies and chorizo are ready, add **baby spinach leaves** and **almonds** to the tray. Toss to combine.

2



Add the chorizo

- Meanwhile, roughly chop **mild chorizo**.
- When **veggies** are ready, remove tray from oven, then add **chorizo** to tray.
- Return to the oven to bake until veggies are tender and chorizo is cooked through, a further **10-15 minutes**.

4



Serve up

- Divide chorizo and veggie traybake between plates.
- Crumble over **fetta cubes**.
- Drizzle with **balsamic glaze** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate