

# Chorizo & Roast Veggie Couscous Toss

with Caramelised Onion & Lemon Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Potato



Mild Chorizo



Pearl Couscous



Vegetable Stock Powder



Onion



Mixed Leaves



Lemon



Greek-Style Yoghurt



Flaked Almonds

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 30-40 mins  
Ready in: 35-45 mins

From the rich chorizo and pillowy pearl couscous, to the sweet and savoury flavours of the potato and onions, every bite of this Middle Eastern-inspired meal is a delight. Creamy, tangy yoghurt and crunchy, buttery almonds add the finishing touch.

## Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## 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 · Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
potato	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
pearl couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
mixed leaves	1 small bag	1 medium bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3591kJ (858Cal)	527kJ (126Cal)
Protein (g)	45.2g	6.6g
Fat, total (g)	36.4g	5.3g
- saturated (g)	11.6g	1.7g
Carbohydrate (g)	83.1g	12.2g
- sugars (g)	20.5g	3g
Sodium (mg)	1968mg	289mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Chop **cauliflower** into small florets. Cut **potato** into bite-sized chunks. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt and pepper** and toss to coat. Roast for **20-25 minutes**.

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



## Cook the chorizo

Meanwhile, roughly chop **mild chorizo**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo** until golden, **7-8 minutes**. Transfer to a plate, leaving the residual **chorizo oil** in the pan.



## Cook the couscous

While chorizo is cooking, boil the kettle. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Half-fill saucepan with the boiling water, then add **vegetable stock powder**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and rinse **couscous**, then return to pan. Drizzle with **olive oil**.



## Caramelise the onion

While couscous is cooking, thinly slice **onion**. Return frying pan with the residual **chorizo oil** to medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.



## Bring it all together

Roughly chop **mixed leaves**. Zest **lemon** to get a pinch, then slice into wedges. Set aside. In a small bowl, combine **Greek-style yoghurt**, **lemon zest** and a drizzle of **olive oil**. Season to taste, then set aside. In a large bowl, combine **couscous**, **mixed leaves**, **caramelised onion**, **chorizo** and roast **veggies**. Stir through **flaked almonds** and a squeeze of **lemon juice**. Season to taste.



## Serve up

Divide chorizo and roast veggie couscous toss between bowls. Drizzle with lemon yoghurt. Serve with any remaining lemon wedges.

## Enjoy!

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