



Chorizo & Sweet Potato Tray Bake

with Spring Onion Raita



Master a spring onion raita



Sweet Potato



Carrot



Green Capsicum



Chorizo



Zucchini



Sweet Paprika



Spring Onions



Greek Yoghurt



Rocket Leaves



Coriander

Pantry Staples



Olive Oil



Balsamic Vinegar



Hands-on: 15 mins

Ready in: 35 mins

Leave it up to chorizo to do the heavy lifting in this dish that's big on flavour and scant on effort. Tray baking veg with this feisty Spanish sausage ensures none of the amazing flavour is lost to your pan – it all ends up in your mouth!

BEFORE YOU START

You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, small bowl, medium bowl** and a **spoon**. Let's start cooking the **Chorizo & Sweet Potato Tray Bake with Spring Onion Raita**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** and **carrot** (unpeeled) into 1 cm chunks. Chop the **green capsicum** into 1 cm chunks. Slice the **zucchini** into 0.5 cm rounds. Chop the **chorizo** into 2 cm chunks



2 BAKE THE VEGGIES

Add the **sweet potato, carrot, green capsicum, zucchini** and **sweet paprika** to the prepared oven tray. Drizzle with **2/3** of the **olive oil** and season with **salt** and **pepper**. Toss to coat and bake for **20-25 minutes**, or until golden. After the veggies have been in the oven for **5 minutes**, add the **chorizo** to the same tray, toss with the veggies and cook for the remainder of the cooking time.



3 PREP THE SPRING ONION RAITA

While the veggies are cooking, finely chop the **spring onion** and combine with the **Greek yoghurt** in a small bowl. Season to taste with **salt** and **pepper**.

Raita is an Indian condiment traditionally made with yoghurt and raw or cooked vegetables stirred through. It's typically served as a side dish to help cool down the heat of spicy foods.



4 DRESS THE ROCKET

Combine the **remaining olive oil** and the **balsamic vinegar** in a medium bowl. Add the **rocket leaves** and toss to coat.



5 PICK THE CORIANDER

Pick the **coriander** leaves.



6 SERVE UP

Divide the chorizo and sweet potato tray bake between plates. Top with the dressed rocket leaves, a few dollops of spring onion raita and the coriander leaves.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	400 g	800 g
carrot 🌱	1	2
green capsicum	1	2
zucchini	1	2
chorizo	1	2
sweet paprika	1 sachet (2 tsp)	2 sachets (1 tbs)
olive oil*	3 tbs	6 tbs
spring onion	1	2
Greek yoghurt	1 tub (100g)	2 tubs (200g)
balsamic vinegar*	2 tsp	1 tbs
rocket leaves	1 bag	2 bags
coriander 🌱	½ bunch	1 bunch

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2440kJ (583Cal)	456kJ (109Cal)
Protein (g)	23.0g	4.3g
Fat, total (g)	34.1g	6.4g
- saturated (g)	10.3g	1.9g
Carbohydrate (g)	41.8g	7.8g
- sugars (g)	24.0g	4.5g
Sodium (g)	1070mg	199mg

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hello@hellofresh.com.au

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