



Easy Roast Chorizo & Veggie Toss

with Cauliflower Rice & Garlic Yoghurt

Grab your Meal Kit
with this symbol



Sweet Potato



Lemon



Carrot



Onion



Mild Chorizo



Garlic



Greek-Style
Yoghurt



Cauliflower Rice



Chicken-Style
Stock Powder



Mixed Leaves

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



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Leave it up to chorizo to do the heavy lifting in this carb smart dish that's big on flavour and scant on effort. Tray baking veggies, then topping with this feisty Spanish sausage ensures maximum flavours that all end up in your mouth! Serve with cauliflower rice and garlic yoghurt to round out this winner dinner.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
lemon	½	1
carrot	1	2
onion	1	2
mild chorizo	1 packet (250g)	2 packets (500g)
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
cauliflower rice	1 packet (250g)	1 packet (500g)
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	415kJ (99Cal)
Protein (g)	35.6g	5.6g
Fat, total (g)	36.1g	5.7g
- saturated (g)	16g	2.5g
Carbohydrate (g)	34.2g	5.4g
- sugars (g)	24.3g	3.9g
Sodium (mg)	2035mg	323mg
Dietary Fibre (g)	10.5g	1.7g

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Slice **lemon** into wedges. Roughly chop **carrot, onion** and **mild chorizo**.
- Place **sweet potato, carrot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast for **10 minutes**. Add **chorizo** to the tray and roast until veggies are tender and chorizo is browned, a further **10-15 minutes**.

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

3



Cook the cauliflower rice & finish the toss

- When roast veggies and chorizo have **5 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil**.
- Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add the **butter, chicken-style stock powder** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- When roast veggies and chorizo are ready, remove tray from oven. Squeeze over some **lemon**. Add **mixed leaves** and gently toss to combine.

2



Make the garlic yoghurt

- Finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat.
- Cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.

4



Serve up

- Divide cauliflower rice and roast chorizo and sweet potato toss between plates.
- Top with garlic yoghurt. Serve with any remaining lemon wedges.

Enjoy!