

Easy Roast Chorizo & Veggie Toss with Cauliflower Rice & Garlic Yoghurt

Grab your Meal Kit with this symbol









Sweet Potato





Carrot





Mild Chorizo





Greek-Style

Cauliflower Rice

Yoghurt

Chicken-Style

Stock Powder

Mixed Leaves

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

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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
lemon	1/2	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

Per Serving	Per 100g
2615kJ (625Cal)	415kJ (99Cal)
35.6g	5.6g
36.1g	5.7g
16g	2.5g
34.2g	5.4g
24.3g	3.9g
2035mg	323mg
10.5g	1.7g
	2615kJ (625Cal) 35.6g 36.1g 16g 34.2g 24.3g 2035mg

The quantities provided above are averages only.

Allergens

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

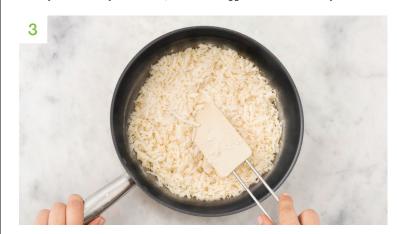
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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!