



SQUASH AND CHORIZO JUMBLE

with Spinach and Zesty Dressing



HELLO BUTTERNUT SQUASH

It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".



Butternut Squash



Red Onion



Ground Cumin



Ciabatta



Coriander



Lime



Diced Chorizo



Baby Spinach

A delicious mix of roasted squash and red onions, smokey chorizo, crispy ciabatta croutons and spinach, this bountiful bowl of goodness is the perfect thing to fill you up after a long day. Quick to prep, and with minimal washing up, all the ingredients are mixed together at the end, finishing the dish off with a sprinkling of fresh coriander and a zesty lime dressing.

40 mins

3 of your 5 a day

MEAL BAG



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 200°C. Trim the top from the **butternut squash** (no need to peel) then halve lengthways and scoop out the **seeds**. Chop it widthways into 2cm lengths, then chop into 2cm chunks. Peel the **red onion** then chop into six wedges. Pop the **squash** and **onion** on a large baking tray, drizzle with **oil** and sprinkle over the **ground cumin** and a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking.



2 PREP TIME

Tear the **ciabatta** into roughly 2cm **croutons**. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then chop into wedges.



3 MAKE THE DRESSING

In a small bowl, combine the **olive oil** (see ingredients for amount), **lime zest**, **half the lime juice**, **half the coriander** and a pinch of **salt** and **pepper**.



4 GET FRYING

About 10 mins before the **veggies** are cooked, heat a drizzle of **oil** in a large frying pan on medium heat and once hot add the **chorizo** and torn **ciabatta croutons**. Cook, stirring occasionally until both ingredients have crisped up, taking care not to burn the chorizo, 5-6 mins. Remove from the heat and set aside.



5 WILT THE SPINACH

Once the **veggies** are done, switch off the oven and remove the tray. Scatter the **spinach** over the **squash** and **onions** and return to the now switched off oven for a minute or two, while you get ready to serve. **★ TIP:** *The spinach will quickly wilt in the heat of the oven!*



6 TIME TO EAT!

In a large bowl, toss together the **chorizo**, **ciabatta croutons**, remaining **coriander**, **veggies** and **spinach**. Divide between plates then top with the dressing and remaining **lime wedges** (on the edge). **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 small	1 large
Red Onion *	1	2	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ciabatta 11) 13)	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Olive Oil*	1 tbsp	1½tbsp	2 tbsp
Diced Chorizo 7) *	1 small pack	1 medium pack	1 large pack
Baby Spinach *	1 small bag	¾ large bag	1 large bag

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 467G	PER 100G
Energy (kJ/kcal)	1519 / 363	325 / 78
Fat (g)	14	3
Sat. Fat (g)	4	1
Carbohydrate (g)	44	9
Sugars (g)	16	4
Protein (g)	15	3
Salt (g)	1.44	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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