



# Summer Chorizo and Potato Salad with Avocado and Greek Style Salad Cheese

Classic 30-35 Minutes • 2 of your 5 a day

45



Potatoes



Roasted Spice and Herb Blend



Baby Gem Lettuce



Avocado



Garlic Clove



Medium Tomato



Mint



Diced Chorizo



Red Wine Vinegar



Honey



Greek Style Salad Cheese



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Avocado	1	1½	2
Medium Tomato	1	2	2
Garlic Clove**	2	3	4
Mint**	1 bunch	1½ bunches	2 bunches
Diced Chorizo**	90g	120g	180g
Red Wine Vinegar <b>14)</b>	24g	36g	48g
Honey	15g	22g	30g
Greek Style Salad Cheese** <b>7)</b>	30g	45g	60g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	496g	100g	661g	100g
Energy (kJ/kcal)	2757 / 659	556 / 133	3800 / 908	575 / 137
Fat (g)	39.3	7.9	49.7	7.5
Sat. Fat (g)	12.3	2.5	18.6	2.8
Carbohydrate (g)	57.7	11.6	58.1	8.8
Sugars (g)	11.1	2.2	11.5	1.7
Protein (g)	21.0	4.2	57.7	8.7
Salt (g)	3.07	0.62	4.04	0.61

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 14) Sulphites**

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Finish the Dressing

While the **chorizo** cooks, in a medium bowl, combine the **red wine vinegar**, **honey** and the **olive oil for the dressing** (see pantry for amount). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Season with **salt** and **pepper**, then mix in the **tomato chunks**.

Once the **chorizo** is cooked, allow to cool for 2-3 mins, then add to your bowl of **tomatoes** (including the **oil** from the pan).



## Prep the Veg

Meanwhile, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomato** into 2cm chunks.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## Assemble the Salad

Once the **potatoes** are cooked, remove them from the oven and scoop into a large serving bowl. Allow to cool slightly, 2-3 mins.

Once the **potatoes** are cooled, add the **baby gem**, **avocado chunks** and **mint** to the bowl. Pour over the **chorizo**, **tomatoes** and the **dressing** from the bowl. Season with **salt** and **pepper**. Mix to combine.



## Sizzle the Chorizo

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **diced chorizo** and fry until it starts to brown, 3-4 mins.

Add the **garlic**. Fry for 1 min.

## CUSTOM RECIPE

If you've chosen to add **diced chicken**, start cooking it before the **chorizo**. Heat a drizzle of **oil** in the pan and cook until browned all over, 5-6 mins. Once golden, add the **chorizo** to the pan and fry for a further 3-4 mins, then continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



## Serve

Divide the **summer salad** between your bowls. Crumble over the **Greek style cheese** (see ingredients for amount) to finish.

## Enjoy!