



# Honey Glazed Chorizo and Asparagus with Toasted Flaked Almonds

Special Sides 10-15 Minutes

6A

Find all your unchilled  
Market items in bag A.



Diced Chorizo



Asparagus



Lemon & Herb  
Seasoning



Honey



Toasted Flaked  
Almonds

**Pantry Items**  
Pepper

## Before you start

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

## Cooking tools

Frying pan and lid.

## Ingredients

Ingredients	Quantity
Diced Chorizo**	60g
Asparagus**	150g
Lemon & Herb Seasoning	1 sachet
Honey	15g
Toasted Flaked Almonds <b>2)</b>	15g

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>121g</b>	<b>100g</b>
Energy (kJ/kcal)	927 /222	770 /184
Fat (g)	15.3	12.7
Sat. Fat (g)	4.4	3.7
Carbohydrate (g)	9.2	7.6
Sugars (g)	8.0	6.7
Protein (g)	11.3	9.4
Salt (g)	2.54	2.11

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 2) Nuts

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

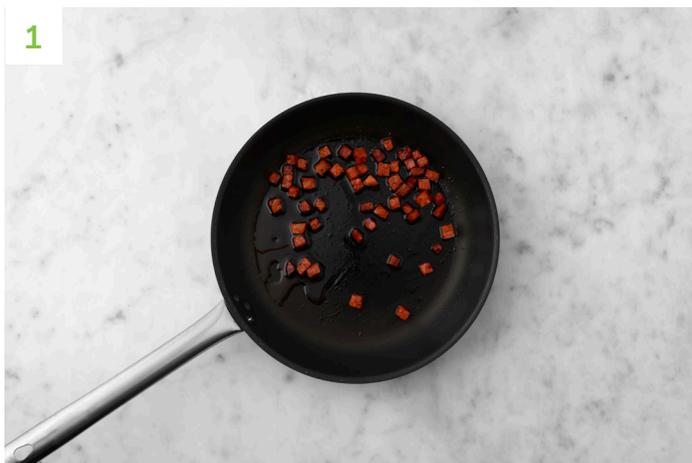
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## Hello Chorizo

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- Meanwhile, trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.

## Cook the Asparagus

- Once the **chorizo** is browned, add the **asparagus** and season with **pepper**. Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **asparagus** is tender, 4-6 mins.

## Finish and Serve

- Once the **asparagus** is cooked, remove from the heat and add the **lemon & herb seasoning**, **honey** and **toasted flaked almonds**. Mix to coat fully. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Transfer to a serving dish.

Enjoy!