



Honeyed Chorizo & Cheddar Pan-Fried Panini

with a Rocket Side Salad

Lunch 10-15 Minutes

27A

Find all your unchilled Market items in bag A.



Diced Chorizo



Ciabatta



Mature Cheddar Cheese



Sun-Dried Tomato Paste



Honey



Wild Rocket

PAN-FRIED PANINI

These are the pan-fried instructions, but this recipe will be just as tasty in a panini press if you have one!

Pantry Items

Olive Oil, Salt, Pepper

Before you start

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

Cooking tools

Frying pan, grater and bowl.

Ingredients

Ingredients	Quantity
Diced Chorizo**	60g
Ciabatta 13)	2
Mature Cheddar Cheese** 7)	120g
Sun-Dried Tomato Paste	50g
Honey	15g
Wild Rocket**	40g

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	237g	100g
Energy (kJ/kcal)	2885 /690	1220 /292
Fat (g)	41.3	17.4
Sat. Fat (g)	18.4	7.8
Carbohydrate (g)	51.7	21.9
Sugars (g)	8.9	3.8
Protein (g)	30.5	12.9
Salt (g)	4.47	1.89

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

Allergens

7) Milk 13) Cereals containing gluten

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, mollusc, 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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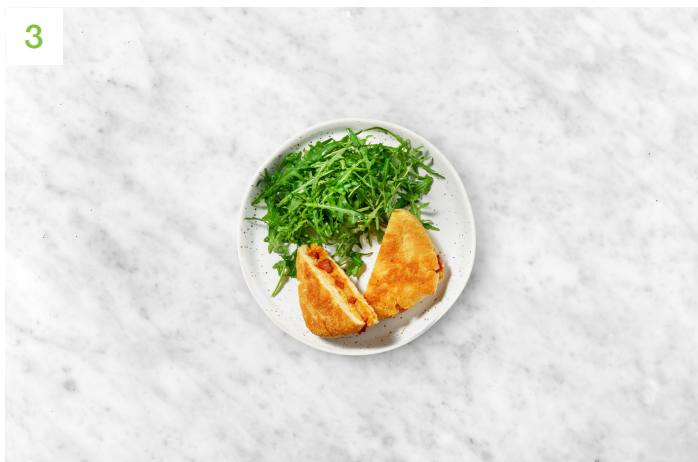
1



2



3



Get Prepped

a) 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. Remove the **chorizo** from the pan and set aside. Keep the pan for the next step.

b) While the **chorizo** fries, halve the **ciabatta** and grate the **cheese**.

c) Spread the **sun-dried tomato paste** over the **lids** and **bases** of your **ciabatta**.

Bring on the Panini

a) Share the **Cheddar** and **fried chorizo** evenly between your **ciabatta bases**, then drizzle the **honey** over the **fillings**. Sandwich shut the **2 halves**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

b) Wipe out your frying pan and return to medium-high heat with a drizzle of **oil**. Once hot, add the **ciabatta**, pressing down with a spatula or heavy-bottomed pan.

c) Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins each side.

Make the Salad and Serve

a) Meanwhile, in a small bowl, combine the **olive oil for the dressing** (see pantry for amount) and the **rocket**. Season with **salt** and **pepper** and toss to coat.

b) Once cooked, slice your **panini** diagonally and share between 2 serving plates.

c) Serve the **dressed rocket** alongside your **panini** to finish.

Enjoy!