



Honeyed Chorizo and Goat's Cheese Salad with Roasted Pepper, Avocado and Croutons

Lunch 25-30 Minutes • 3 of your 5 a day

13A

Find all your unchilled Market items in bag A.



Bell Pepper



Ciabatta



Diced Chorizo



Honey



Red Wine Vinegar



Baby Gem Lettuce



Avocado



Goat's Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, frying pan and bowl.

Ingredients

Ingredients	Quantity
Bell Pepper***	2
Ciabatta 13	1
Diced Chorizo**	120g
Honey	15g
Red Wine Vinegar 14	24ml
Baby Gem Lettuce**	2
Avocado	2
Goat's Cheese** 7	75g

Pantry	Quantity
Olive Oil for the Dressing*	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	540g 3742 / 894	100g 693 / 166
Fat (g)	69.4	12.9
Sat. Fat (g)	21.9	4.1
Carbohydrate (g)	39.9	7.4
Sugars (g)	16.1	3.0
Protein (g)	29.4	5.4
Salt (g)	4.42	0.82

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

Allergens

7) Milk **13)** Cereals containing gluten **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, 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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Roast the Pepper

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **bell peppers** and discard the core and seeds. Slice into thin strips.
- Place the **peppers** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until soft and slightly charred, 14-16 mins.
- Once cooked, remove from the oven and set aside to cool, 5-10 mins.



Hey Honey

- Once the **chorizo** is browned, add the **honey** and toss to coat. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- Transfer the **honeyed chorizo** (and any **juices** from the pan) to a large bowl, then add the **red wine vinegar**. Mix to combine, then set aside to cool.



Bake the Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks.
- Pop the **ciabatta chunks** onto a separate baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.
- Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside to cool, 5-10 mins.



Prep your Salad

- In the meantime, trim the **baby gem**, separate the **leaves**, then tear into bite-sized pieces.
- Halve the **avocado** and remove the stone. Cut the **avocado** into chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh.



Fry the Chorizo

- While everything is in the oven, heat the **olive oil for the dressing** (see pantry for amount) in a large frying pan on medium-high heat.
- Once hot, add the **diced chorizo** and fry until it starts to brown, 3-4 mins.



Finish and Serve

- Add the **baby gem lettuce**, **avocado**, **croutons** and **roasted pepper** to your bowl of **honeyed chorizo** and toss to coat everything.
- Divide the **salad** between 2 serving bowls and crumble over the **goat's cheese** to finish.

Enjoy!