



Jolly Good Honey Chorizo Sprouts with Toasted Almond Flakes

Festive Flavours 25-30 Minutes • 1 of your 5 a day

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Find all your unchilled Market items in bag A.



Brussels Sprouts



Diced Chorizo



Honey



Toasted Flaked Almonds



Pantry Items
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

Baking tray, frying pan and bowl.

Ingredients

Ingredients	Quantity
Brussels Sprouts**	300g
Diced Chorizo** 7)	60g
Honey	15g
Toasted Flaked Almonds 2)	15g

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	210g	100g
Energy (kJ/kcal)	1370 /327	652 /156
Fat (g)	22.3	10.6
Sat. Fat (g)	6.8	3.2
Carbohydrate (g)	14.4	6.8
Sugars (g)	11.3	5.4
Protein (g)	18.1	8.6
Salt (g)	2.62	1.25

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

2) Nuts 7) Milk

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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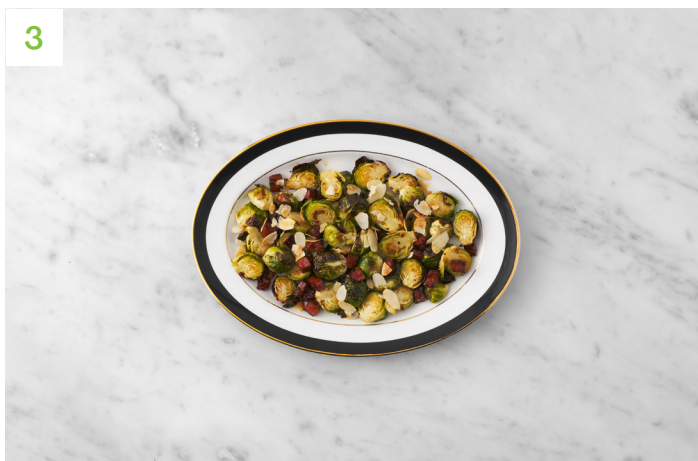
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All Out Sprouts

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **Brussels sprouts** and halve through the root.

b) Pop the **sprouts** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

c) When the oven is hot, roast on the top shelf until browned and tender, 18-20 mins. Turn halfway through.

Fry the Chorizo

a) Meanwhile, heat a large frying pan on medium-high heat (no oil).

b) Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

c) Add the **honey** and **2 tbsp water**. Simmer until sticky, 1-2 mins, then remove from the heat. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Serve Up a Festive Treat

a) When roasted, toss the **sprouts** into the **chorizo** pan and mix them together with the **honey chorizo**.

b) Transfer to a sharing bowl and finish with a sprinkle of **toasted flaked almonds**.

Enjoy!

