

# Chorizo and Potato Hash

with parsley aioli

35-40 mins









Chorizo



9



Garlic

Parsl





Potatoes

Onic





Scallion

Balsamic Vinegar





Cherry Tomatoes

Aid

Pantry Items: Salt, Sugar, Pepper, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook

# Cooking tools you will need

Baking sheet with baking paper, grater

# Ingredients

	2P	4P
Chorizo	100 g	200 g
Bell Pepper	1 unit	2 units
Garlic	1 unit	2 units
Parsley	5 g	10 g
Potatoes	3 units	6 units
Onion	1 unit	2 units
Scallion	2 units	4 units
Balsamic Vinegar	1 sachet	2 sachets
Cherry Tomatoes	250 g	500 g
Aioli	1 sachet	2 sachets

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	671 g	100 g
Energy (kJ/kcal)	3020.8 kJ/ 722 kcal	450.2 kJ/ 107.6 kcal
Fat (g)	36.7 g	5.5 g
Sat. Fat (g)	7.5 g	1.1 g
Carbohydrate (g)	81.6 g	12.2 g
Sugars (g)	16.1 g	2.4 g
Protein (g)	20.6 g	3.1 g
Salt (g)	3.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

# Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the potatoes into 2cm chunks (peeling optional).
- Pop onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



## **Get Prepped**

- Meanwhile, halve the bell pepper and discard the core and seeds. Chop into 1cm pieces.
- Halve, peel and thinly slice the onion.
- Halve the tomatoes.
- Finely chop the parsley. Thinly slice the scallion.
- Peel and grate the **garlic** (or use a garlic press).



#### Caramelise the Onions

- Place a large pan over medium heat with a drizzle of oil.
- Once hot, cook the **onion**, stirring often, until slightly softened, 2-3 mins.
- Add balsamic vinegar and 1 tsp sugar (double for 4p). Season with salt.
- Cook, stirring occasionally, until dark golden brown, 7-8 mins.
- Transfer the onion from the pan and cover to keep warm. Wipe the pan clean.



### Cook the Chorizo

- Return the pan to medium-high heat with another drizzle of oil.
- When hot, fry the pepper until softened, stirring occasionally, 3-4 mins.
- Add the chorizo and half the garlic.
- Cook the **chorizo** until browned, 3-4 mins.
- Season with salt and pepper.



#### Make Your Aioli

- Meanwhile, add the aioli, half the parsley and remaining garlic to a small bowl.
- Stir together to combine.



### Finish and Serve

- Add potatoes, tomatoes, half the scallion and remaining parsley to the pan with the chorizo.
- Stir together and cook until warmed through, 1-2 mins.
- Divide the hash between bowls and top with the caramelised onion.
- Dollop on a helping of parsley aioli.
- Finish with a sprinkling of the remaining scallion.

Enjoy!