



Chorizo, Tomato and Leek Winter Warmer Bowl with Mashed Potato and Parsley

Calorie Smart 20-25 Minutes • 3 of your 5 a day • Under 650 Calories

27



Potatoes



Leek



Onion



Garlic Clove



Diced Chorizo



Smoked Paprika



Finely Chopped Tomatoes



Chicken Stock Paste



Flat Leaf Parsley



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Saucepan, garlic press, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Leek**	1	1½	2
Onion**	1	1½	2
Garlic Clove**	2	3	4
Diced Chorizo** 7)	60g	90g	120g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	300ml	450ml	600ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	828g	100g
Energy (kJ/kcal)	2497 /597	302 /72
Fat (g)	26.8	3.2
Sat. Fat (g)	11.8	1.4
Carbohydrate (g)	70.0	8.5
Sugars (g)	20.7	2.5
Protein (g)	22.4	2.7
Salt (g)	4.35	0.53

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

Allergens

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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Boil the Potatoes

Bring a large saucepan of **water** with **½ tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Sauce Time

Stir the **chopped tomatoes**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **chorizo** and **veg**.

Bring to the boil, then reduce the heat and simmer until thickened, 10-12 mins.

Meanwhile, roughly chop the **parsley** (stalks and all).



Prep the Veg

Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Halve, peel and thinly slice the **onion**.

Peel and grate the **garlic** (or use a garlic press).



Make your Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Stir the **butter** (see pantry for amount), **spinach** and **half the parsley** into the **sauce** until the **butter** has melted and the **spinach** is wilted and piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Get Frying

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **leek**, **onion** and **chorizo**. Season with **salt** and **pepper**. Cook until the **leek** and **onion** have softened and the **chorizo** starts to brown, 6-8 mins, stirring occasionally.

Add the **garlic** and **smoked paprika**. Fry for 1 min more.



Serve Up

Share the **mash** between your serving bowls and spoon over the **chorizo and tomato sauce**.

Finish by sprinkling the remaining **parsley** over the bowl.

Enjoy!