



Mexican Style Chorizo Hash

with Refried Beans, Avo, Soured Cream and Fried Egg

Brunch 35 Minutes • Medium Spice • 2 of your 5 a day

N° 3A



Potato



Baby Plum Tomatoes



Bell Pepper



Chorizo



Smoked Paprika



Avocado



Kidney Beans



Chicken Stock Paste



Tomato Puree



Chipotle Paste



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Colander, Saucepan, Potato Masher, Measuring Cup, Frying Pan.

Ingredients

	Quantity
Potato**	450g
Baby Plum Tomatoes	125g
Bell Pepper***	1
Chorizo**	120g
Smoked Paprika	1 sachet
Avocado**	1
Kidney Beans	1 carton
Chicken Stock Paste	10g
Tomato Puree	1 sachet
Chipotle Paste	1 sachet
Water for the Beans*	100ml
Sugar*	½ tsp
Soured Cream 7)**	75g
Egg*	2

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	763g	100g
Energy (kJ/kcal)	3666 /876	481 /115
Fat (g)	49	6
Sat. Fat (g)	16	2
Carbohydrate (g)	64	8
Sugars (g)	13	2
Protein (g)	39	5
Salt (g)	4.71	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Halve the **tomatoes**. Halve the **pepper** and discard the core and **seeds**. Slice into thin strips. Chop the strips into 2cm chunks. Pop the **tomatoes, pepper** and **chorizo** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.



Get Prepped

Pop the **potatoes** on a large low-sided wide baking tray. Drizzle with **oil**, then sprinkle over the **paprika** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. When the **potatoes** have been in your oven for 15 mins, turn them. At this point, pop the tray with the **tomato mixture** onto the middle shelf to roast for the remaining time.



Finish the Prep

Meanwhile, slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in **half**. Twist each **half** and pull it apart. Remove the stone then scoop out the **flesh** onto a board. Thinly slice the **avocado**. Drain and rinse the **kidney beans** in a colander. Pop **half** of the **kidney beans** into a medium saucepan and mash until broken up.



Make the Beans

Put the remaining **beans** into the saucepan and add the **stock paste, tomato puree, chipotle paste** (use less if you don't like heat), **water** and **sugar** (see ingredients for both amounts). Mix well. Pop onto medium-high heat and bring to the boil. Reduce the heat slightly and simmer until thickened and reduced by half, 5-6 mins, stirring occasionally. Remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. **TIP: Reheat the beans before plating if they have gone cold, add a splash more water if dry.**



Fry the Eggs

When everything is nearly ready, heat a drizzle of **olive oil** in a large frying pan on medium-high heat. Once hot, crack in each **egg** (see ingredients for amount you need) and cook for 3-4 mins, or until the **egg white** is cooked and the **yolk** is the firmness you desire. Lower the heat as needed.



Finish and Serve

Meanwhile, once cooked, add the **potatoes** to the **roasted veg** and mix together. Serve in bowls with the **avocado** and **refried beans** on top. Finish with your **fried egg** and a dollop of **soured cream**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.