




Mexican Style Chorizo Hash

with Refried Beans, Avocado and Soured Cream

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

3A



-  Potatoes
-  Baby Plum Tomatoes
-  Bell Pepper
-  Chorizo
-  Smoked Paprika
-  Avocado
-  Red Kidney Beans
-  Chicken Stock Paste
-  Tomato Puree
-  Chipotle Paste
-  Soured Cream

Pantry Items
Oil, Salt, Pepper, Egg, Sugar

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, colander, saucepan and frying pan.

Ingredients

Ingredients	Quantity
Potatoes	450g
Baby Plum Tomatoes	125g
Bell Pepper***	1
Chorizo**	120g
Smoked Paprika	1 sachet
Avocado**	1
Red Kidney Beans	1 carton
Chicken Stock Paste	10g
Tomato Puree	30g
Chipotle Paste	20g
Soured Cream** 7)	75g

Pantry	Quantity
Egg*	2
Sugar*	½ tsp
Water for the Beans*	100ml

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	736g 3757 /898	100g 511/122
Fat (g)	51.5	7.0
Sat. Fat (g)	17.4	2.4
Carbohydrate (g)	66.0	9.0
Sugars (g)	14.3	1.9
Protein (g)	42.5	5.8
Salt (g)	5.64	0.77

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, milk, egg, mustard, celery, soya, 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.

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**.



Make the Spicy Beans

Put the remaining **kidney beans** into the saucepan and add the **stock paste**, **tomato puree**, **chipotle paste** (use less if you don't like heat), **sugar** and **water for the beans** (see ingredients for both amounts). Mix well.

Pop the **spicy beans** 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.



Hash Time

Pop the **potatoes** on a large 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 the same time, add the **tomato**, **pepper** and **chorizo** tray to the middle shelf to roast for the remaining time.



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 pantry for amount) 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.



Slice and Mash

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. Add **half** of the **kidney beans** into a medium saucepan and mash until broken up.



Finish and Serve

Meanwhile, once cooked, add the **potatoes** to the **roasted veg** and mix together.

Serve your **Mexican style chorizo hash** in bowls with the **avocado** and **refried beans** on top.

Finish with your **fried egg** and a dollop of **soured cream**.

Enjoy!