

Chorizo & Vegetable Bake

Per Portion
436 Calories
14.25g Protein
35.25g Carbs
24.75g Fat

Ingredients



- 200g chorizo, sliced
- 500g baby/new potatoes, halved
- 150g sliced mushrooms
 - 1 pepper, diced
 - 1 onion, diced
 - 2 tbsp oil
- 4 tbsp Cajun spice mix

Method

- 1.** In a large bowl, combine the sliced chorizo, diced onions, diced peppers, halved potatoes, and sliced mushrooms.
- 2.** Drizzle the oil over the ingredients and toss until they are evenly coated.
- 3.** Sprinkle the Cajun spice mix over the mixture and stir well to ensure all the ingredients are coated with the spices.
- 4.** Transfer the chorizo and veg medley to the air fryer basket, spreading it out evenly.
- 5.** Preheat the air fryer to 180°C.
- 6.** Cook the medley in the air fryer at 180°C for 18-22 minutes, or until the potatoes are cooked through and crispy, and the chorizo is nicely browned.
- 7.** Once cooked, remove the chorizo and veg medley from the air fryer and transfer it to a serving dish.