



Ultimate King Prawn and Chorizo Paella

with Parsley, Lemon and Pepper

Ultimate 40-45 Minutes • 1 of your 5 a day

35



Chicken Stock Paste



Garlic Clove



Bell Pepper



Chorizo



Smoked Paprika



Risotto Rice



Lemon



Flat Leaf Parsley



King Prawns

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, measuring jug, garlic press, ovenproof pan, lid, fine grater, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Chorizo**	90g	120g	180g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
Lemon**	½	¾	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Boiled Water for the Rice*	500ml	750ml	1000ml

*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)	323g 2594/620	100g 802/192
Fat (g)	19.0	5.9
Sat. Fat (g)	6.7	2.1
Carbohydrate (g)	80.0	24.7
Sugars (g)	5.2	1.6
Protein (g)	32.4	10.0
Salt (g)	5.47	1.69

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

Allergens

5) Crustaceans

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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1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Boil your kettle, then pour the **boiled water for the rice** (see pantry for amount) into a measuring jug. Add the **chicken stock paste** and stir well to combine - this is your **chicken stock**.

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

Halve the **bell pepper** and discard the core and seeds. Cut into 2cm pieces.



4 Cook the Prawns

Heat a drizzle of **oil** in a large frying pan on high heat. Drain the **prawns**.

Once hot, add the **bell pepper** and fry until just soft, 3-4 mins. Continue to stir while it cooks.

Turn the heat down to medium-high, then add the **prawns**. Season with **salt** and **pepper** and cook, stirring occasionally, for 4-5 mins.

Once cooked, remove from the heat and finish with a squeeze of **lemon juice**. Keep warm.

IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



2 Build the Flavour

Heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **chorizo** and fry, stirring frequently, until it starts to brown, 2-3 mins.

Stir the **garlic, smoked paprika** and **risotto rice** into the **chorizo**. Cook until the edges of the **rice** are translucent, 1-2 mins.



5 Combine and Stir

When your **paella** is cooked, remove it from the oven.

Stir through the **prawns, pepper** and remaining **parsley**.

Season to taste with a squeeze of **lemon juice, salt** and **pepper** if needed. **TIP:** Add a splash of water to loosen the paella if needed.



3 Bake your Paella

Stir your **chicken stock** into the **rice**. Bring back to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Meanwhile, zest and halve the **lemon** (see ingredients for amount). Roughly chop the **parsley** (stalks and all).

Toss the **lemon zest** and **half** the **parsley** together in a small bowl. Set aside.



6 Garnish and Serve

Share your **ultimate king prawn and chorizo paella** between your bowls.

Finish with a sprinkle of the **parsley and lemon zest mixture** over the top.

Enjoy!