



# Louisiana Style Chorizo Rice

with Pepper, Peas and Lemon

9

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day



Basmati Rice



Bell Pepper



Diced Chorizo



Garlic Clove



Lemon



Tomato Puree



Central American Style Spice Mix



Chicken Stock Paste



Peas



Sun-Dried Tomato Paste



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Honey

#### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, lid, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Diced Chorizo**	90g	120g	180g
Garlic Clove**	2	3	4
Lemon**	1	1	2
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Sun-Dried Tomato Paste	25g	38g	50g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

\*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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	352g	100g	482g	100g
Energy (kJ/kcal)	2617 / 626	745 / 178	3265 / 780	678 / 162
Fat (g)	20.0	5.7	22.3	4.6
Sat. Fat (g)	6.6	1.9	7.3	1.5
Carbohydrate (g)	89.1	25.3	89.2	18.5
Sugars (g)	18.2	5.2	18.3	3.8
Protein (g)	24.9	7.1	56.3	11.7
Salt (g)	4.57	1.30	4.77	0.99

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

## Allergens

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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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Simmer The Sauce

Once the **chorizo** is browned, reduce the heat to medium-high, then add the **garlic**, **tomato puree** and **Central American style spice mix** (add less if you'd prefer things milder). Fry, stirring, for 1 min.

Stir the **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts) into the frying pan. Bring to the boil, then lower the heat and simmer until thickened, 1-2 mins.



## Chorizo and Pepper Time

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced pepper** and fry, stirring, until just soft, 3-4 mins.

Add the **diced chorizo** to the pan and fry until it starts to brown, 3-4 mins.

## CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan at the same time as the **pepper**. Fry until golden and cooked through, 8-10 mins, then continue as instructed.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Combine and Stir

Once the **rice** is cooked, fluff it up with a fork and gently stir it into the **spicy sauce**.

Stir through the **peas**, **sun-dried tomato paste** and a good squeeze of **lemon juice** from a **lemon wedge**. Taste and add more **salt** and **pepper** or **lemon juice** if needed.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **lemon** into wedges.



## Serve

Share the **spiced chorizo rice** between your bowls. Serve with any remaining **lemon wedges**.

## Enjoy!