



Louisiana Style Chorizo Rice

with Pepper, Peas and Soured Cream

26

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Saffron



Basmati Rice



Bell Pepper



Diced Chorizo



Garlic Clove



Lemon



Tomato Puree



Central American Style Spice Mix



Chicken Stock Paste



Peas



Sun-Dried Tomato Paste



Creme Fraiche



King Prawns

Pantry Items

Oil, Salt, Pepper, Honey

CUSTOM RECIPE

If you chose to swap or upgrade your 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
Saffron	1 sachet	1½ sachet	2 sachets
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Diced Chorizo**	60g	90g	120g
Garlic Clove**	2	3	4
Lemon**	1	1	2
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachet
Chicken Stock Paste	15g	20g	30g
Peas**	120g	180g	240g
Sun-Dried Tomato Paste	25g	37g	50g
Creme Fraiche** 7)	75g	75g	150g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
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 green, 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	577g	100g	652g	100g
Energy (kJ/kcal)	2851 /681	494 /118	3071 /734	471 /113
Fat (g)	26.7	4.6	27.4	4.2
Sat. Fat (g)	12.1	2.1	12.3	1.9
Carbohydrate (g)	91.3	15.8	91.3	14.0
Sugars (g)	19.5	3.4	19.5	3.0
Protein (g)	22.4	3.9	34.2	5.2
Salt (g)	4.21	0.73	5.11	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

5) Crustaceans 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, cereals containing 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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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 **saffron, 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** has browned, reduce the heat to medium and add the **garlic, tomato puree** and **Central American style spice mix**. Cook, 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 the **sauce** is thickened, 1-2 mins.



Chorizo and Pepper Time

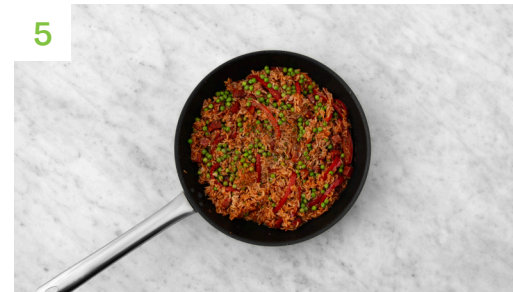
Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced pepper** and fry until just soft, 5-6 mins. Continue to stir while it cooks.

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 **prawns**, add them to the pan at the same time as the **chorizo**. Fry for 4-5 mins instead, then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Combine and Stir

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

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



Finish Your Prep

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 a dollop of **creme fraiche** on top and any remaining **lemon wedges** on the side.

Enjoy!