

# Prawn-Chorizo Paella & a Trio of Tapas Style Sides

with Cheddar-Chorizo Rollitos, Flaked Almond Tenderstem® and Garlic Breads



30-35 Minutes • 2 of your 5 a day







Garlic Clove



Bell Pepper



Diced Chorizo

Smoked Paprika





Chicken Stock Paste







Lemon

Flat Leaf Parsley







King Prawns

Demi Garlic Baguettes





Tenderstem® Broccoli

Mature Cheddar Cheese





Chorizo Slices

Toasted Flaked Almonds



Sun-Dried

Tomato Paste

**Pantry Items** Oil, Salt, Pepper, Honey

## 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, garlic press, ovenproof pan, lid, fine grater, bowl, frying pan and baking trav.

### Ingredients

9		
Ingredients	Quantity	
Garlic Clove**	4	
Bell Pepper***	1	
Diced Chorizo**	90g	
Smoked Paprika	1 sachet	
Risotto Rice	175g	
Chicken Stock Paste	20g	
Lemon**	1	
Flat Leaf Parsley**	1 bunch	
King Prawns** 5)	150g	
Demi Garlic Baguettes** 13)	2	
Tenderstem® Broccoli**	150g	
Mature Cheddar Cheese** 7)	120g	
Chorizo Slices** 7)	50g	
Toasted Flaked Almonds 2)	15g	
Sun-Dried Tomato Paste	25g	
Pantry	Quantity	
Boiled Water for the Rice*	500ml	
Honey*	1 then	

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	895g	100g
Energy (kJ/kcal)	6964/1664	778 / 186
Fat (g)	68.6	7.7
Sat. Fat (g)	27.5	3.1
Carbohydrate (g)	136.6	15.3
Sugars (g)	18.9	2.1
Protein (g)	63.7	7.1
Salt (g)	8.78	0.98

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

## Allergens

2) Nuts 5) Crustaceans 7) Milk 13) Cereals containing gluten

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

#### Contact

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- Boil a full kettle.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Halve the bell pepper and discard the core and seeds. Cut into 2cm pieces.
- d) Heat a drizzle of oil in a large, wide-bottomed 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.
- e) Once hot, add the diced chorizo and fry, stirring frequently, until it starts to brown, 2-3 mins.



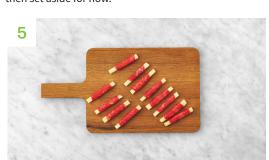
## Bring on the Tenderstem®

- a) Once cooked, remove the **prawn** pan from the heat and squeeze in some **lemon juice**. Transfer to a bowl and cover to keep warm. **IMPORTANT**: The prawns are cooked when pink on the outside and opaque in the middle.
- b) Halve any thick broccoli stems lengthways. Return the frying pan to medium-high heat and add another drizzle of oil.
- c) Once, add the **Tenderstem**® and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with salt and pepper.



## Cook the Rice

- a) Stir the smoked paprika, risotto rice and half the garlic into the pan. Cook until the edges of the rice are translucent, 1-2 mins.
- b) Stir 500ml of boiled water and the chicken stock paste into the rice. Bring back to the boil, then pop a lid on the pan (or cover with foil).
- c) Bake on the middle shelf of your oven until the rice is cooked and the water has been absorbed, 25-30 mins.
- d) Meanwhile, zest and halve the lemon. Roughly chop the parsley (stalks and all). Add half the lemon zest and half the parsley to a small bowl. Toss to combine. then set aside for now.



## Make the Rollitos

- a) While the **Tenderstem**® cooks, cut each block of **Cheddar** lengthways, then lengthways again to create 4 equal batons per block, 12 in total.
- b) Roll each baton of Cheddar in a slice of chorizo and lay seam-down on a serving platter.
- c) Once the **broccoli** is cooked, stir in the remaining garlic and lemon zest and squeeze in some lemon iuice. Stir well to combine.
- d) Transfer the **broccoli** to a serving dish and drizzle over the honey (see pantry for amount). Sprinkle over the toasted almond flakes.



## Into the Pan

- a) Heat a drizzle of oil in a large frying pan on high heat. Drain the **prawns**. **IMPORTANT**: Wash your hands and equipment after handling raw prawns.
- b) Once hot, add the pepper chunks and fry, stirring, until just soft, 3-4 mins.
- c) Turn the heat down to medium-high, then add the king prawns. Season with salt and pepper and cook, stirring occasionally, for 4-5 mins.
- d) While everything fries, pop the garlic baguettes onto a baking tray and bake on the top shelf until golden and piping hot, 10-15 mins.



### Finish and Serve

- a) When your paella is cooked, remove it from the oven and stir through the cooked **prawns**, **pepper**, sun-dried tomato paste and remaining parsley. Season to taste with salt, pepper and a squeeze of lemon if needed. TIP: Add a splash of water to loosen the paella if needed.
- b) Share your paella between your serving bowls. Sprinkle over the parsley and lemon zest mixture and serve any remaining **lemon** on the side. Transfer your garlic baguettes to a sharing platter.
- c) Serve the prawn-chorizo paella with your flaked almond broccoli, cheddar rollitos and garlic baguettes alongside.

## Enjoy!