



# Prawn-Chorizo Paella & a Trio of Tapas Style Sides with Cheddar-Chorizo Rollitos, Flaked Almond Tenderstem® and Garlic Breads

Lunch 30-35 Minutes • 2 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Garlic Clove



Bell Pepper



Diced Chorizo



Smoked Paprika



Risotto Rice



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 tray.

## Ingredients

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 tbsp

\*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	895g / 6964 / 1664	100g / 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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## Start the Paella

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. 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 juice**. 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!