



Chorizo Paella Stuffed Cheesy Peppers with a Baby Leaf Side Salad and Easy Rice

Lunch 25-30 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Bell Pepper



Garlic Clove



Lemon



Mature Cheddar Cheese



Diced Chorizo



Smoked Paprika



Steamed Basmati Rice



Chicken Stock Paste



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, baking tray, garlic press, fine grater, grater, frying pan and bowl.

Ingredients

Ingredients	Quantity
Bell Pepper***	2
Garlic Clove**	1
Lemon**	1
Mature Cheddar Cheese** 7)	60g
Diced Chorizo**	90g
Smoked Paprika	1 sachet
Steamed Basmati Rice	1
Chicken Stock Paste	10g
Baby Leaf Mix**	50g

Pantry	Quantity
Boiled Water*	100ml
Olive Oil for the Dressing*	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	Per serving	Per 100g
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	2563/613	538/129
Fat (g)	34.4	7.2
Sat. Fat (g)	14.1	3.0
Carbohydrate (g)	16.4	3.4
Sugars (g)	9.3	2.0
Protein (g)	26.3	5.5
Salt (g)	4.36	0.92

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

Allergens

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, 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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1 Prep the Peppers

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a half-full kettle.

b) Halve the **bell peppers** lengthways and discard the core and seeds.

c) Lay the **pepper halves**, cut-side down, onto a baking tray. Drizzle with **oil**, then season with **salt** and **pepper**.

d) When the oven is hot, roast on the top shelf until starting to soften, 10-12 mins.



4 Stuff the Peppers

a) Once the **peppers** are softened, remove them from the oven and turn cut-side up.

b) Divide the **rice** between your **peppers** and top with the remaining **Cheddar**.

c) Return to the oven until the **cheese** is melted and bubbling, 5-8 mins.



2 Hello Chorizo

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

b) Zest and cut the **lemon** into wedges.

c) Grate the **Cheddar**.

d) Heat a large frying pan on medium-high heat (no oil). Once hot, add the **diced chorizo** and fry until it starts to brown, 3-4 mins.



5 Dress the Rocket

a) Meanwhile, in a medium bowl, toss together the **baby leaf mix** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.



3 Bring on the Flavour

a) Once browned, add the **garlic** and **smoked paprika** to the pan and fry until fragrant, 1 min.

b) Add the **steamed rice**, **chicken stock paste** and **100ml of boiled water** from the kettle, then fry until the **water** has been fully absorbed by the **rice**, 2-3 mins.

c) Remove from the heat, then stir through **half the lemon zest** and **half the Cheddar**. Season with **pepper**.



6 Finish and Serve

a) Divide the **dressed salad** between 2 serving plates.

b) Carefully place your **stuffed pepper** into the centre of your **salad** and sprinkle over the remaining **lemon zest**.

c) Serving the **lemon wedges** on the side for squeezing over to finish.

Enjoy!