



# Spanish Style Chorizo Rice with Peas

Classic 40-45 Minutes • 1 of your 5 a day

5



Onion



Diced Chorizo



Garlic Clove



Risotto Rice



Chicken Stock Paste



Lemon



Peas



Diced British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Butter

#### + Add Chicken Breast

If you chose to add diced chicken breast, 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.

## Cooking tools

Kettle, ovenproof pan, garlic press, measuring jug, lid and fine grater.

## Ingredients

| Ingredients                    | 2P   | 3P   | 4P   |
|--------------------------------|------|------|------|
| Onion                          | 1    | 1    | 2    |
| Diced Chorizo**                | 90g  | 120g | 180g |
| Garlic Clove**                 | 2    | 3    | 4    |
| Risotto Rice                   | 175g | 260g | 350g |
| Chicken Stock Paste            | 15g  | 20g  | 30g  |
| Lemon**                        | 1    | 1    | 1    |
| Peas**                         | 120g | 180g | 240g |
| Diced British Chicken Breast** | 240g | 390g | 520g |

| Pantry               | 2P    | 3P    | 4P     |
|----------------------|-------|-------|--------|
| Water for the Stock* | 500ml | 750ml | 1000ml |
| Butter*              | 20g   | 30g   | 40g    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g | Custom Recipe |          |
|-------------------------|-------------|----------|---------------|----------|
|                         |             |          | Per serving   | Per 100g |
| for uncooked ingredient | 593g        | 100g     | 723g          | 100g     |
| Energy (kJ/kcal)        | 2865/685    | 483/115  | 3512/839      | 486/116  |
| Fat (g)                 | 26.4        | 4.4      | 28.7          | 4.0      |
| Sat. Fat (g)            | 11.7        | 2.0      | 12.3          | 1.7      |
| Carbohydrate (g)        | 89.5        | 15.1     | 89.6          | 12.4     |
| Sugars (g)              | 10.8        | 1.8      | 11.0          | 1.5      |
| Protein (g)             | 23.6        | 4.0      | 55.0          | 7.6      |
| Salt (g)                | 4.36        | 0.74     | 4.56          | 0.63     |

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, 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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## Get Prepped

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

Halve, peel and chop the **onion** into small pieces.



## Fry the Flavours

Heat a drizzle of **oil** in a large 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.

Once hot, add the **chorizo** and **onion** and fry until the **chorizo** starts to brown and the **onion** has softened, 4-5 mins. Stir frequently and adjust the heat if necessary.

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

### + Add Chicken Breast

If you're adding **chicken**, add to the pan with the **chorizo**. Fry for the same amount of time, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Bake your Rice

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Meanwhile, zest and cut the **lemon** into wedges.



## Add the Peas

When everything's ready, remove the **rice** from the oven and stir in the **peas**.

Squeeze in some **lemon juice** from a **lemon wedge** and season with **salt** and **pepper**. Stir in the **butter** (see pantry for amount) until melted.

Taste and add more **salt**, **pepper** and **lemon juice** if needed.



## Add the Rice

Pour the **boiled water for the stock** (see pantry for amount) into a measuring jug.

Once the **onion** has softened, add the **garlic** and cook for 1 min more.

Add the **risotto rice** to the pan. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Pour in the **boiled water** and **chicken stock paste**. Stir well to combine and bring back to the boil, then pop a lid on the pan (or cover with foil).



## Finish and Serve

Spoon the **rice** onto your plates. Sprinkle over the **lemon zest** to finish.

Serve with a **lemon wedge** alongside.

## Enjoy!