



Ultimate Chicken and Chorizo Paella

with Peas and Garlic Ciabatta

Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day

35



Garlic Clove



Bell Pepper



Lemon



Ciabatta



Chorizo Slices



Diced British Chicken Breast



Smoked Paprika



Risotto Rice



Chicken Stock Paste



Mayonnaise



Peas



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey, Mayonnaise

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, aluminium foil, fine grater, garlic press, baking tray, ovenproof pan, kitchen paper, frying pan, lid, kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	4	6	8
Bell Pepper***	1	1½	2
Lemon**	1	1½	2
Ciabatta 13)	1	1½	2
Chorizo Slices** 7)	50g	75g	100g
Diced British Chicken Breast**	240g	390g	520g
Smoked Paprika	1 sachet	2 sachets	2 sachets
Risotto Rice	175g	260g	350g
Chicken Stock Paste	20g	30g	40g
Mayonnaise 8) 9)	32g	48g	64g
Peas**	120g	180g	240g
Wild Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Boiled Water for the Rice*	600ml	900ml	1200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	849g	100g
Energy (kJ/kcal)	5180/1238	610/146
Fat (g)	32.4	3.8
Sat. Fat (g)	5.5	0.6
Carbohydrate (g)	116.4	13.7
Sugars (g)	17.1	2.0
Protein (g)	54.1	6.4
Salt (g)	3.85	0.45


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

Allergens

7) Milk 8) Egg 9) Mustard 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.

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Start the Prep

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

Pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the parcel until soft, 10-12 mins.

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks. Zest and halve the **lemon**. Peel and grate the remaining **garlic** (or use a garlic press).

Halve the **ciabatta** and lay onto a baking tray, cut-side up. Spread over the **grated garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).



Garlic Bread Time

Meanwhile, once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, combine the **mashed garlic** and **mayonnaise**.

When the **paella** is nearly ready, bake the **garlic bread** on the top shelf of your oven until golden, 4-5 mins.



Get Frying

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat.

Once hot, lay the **chorizo slices** into the pan and fry until crispy, 2-3 mins each side. Once crispy, transfer to a plate covered in kitchen paper. Set aside.

Add the **diced chicken** and **pepper chunks** to the (now empty) frying pan on medium-high heat. Season with **salt** and **pepper**.

Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Finishing Touches

Once the **paella** is cooked, stir through the **peas**.

Stir in the **lemon zest** and squeeze in **half** the **lemon juice**.

Taste the **rice** and season with **salt**, **pepper** and more **lemon juice** if needed.



Stir and Bake

Add the **smoked paprika** to the pan. Stir-fry for 1 min.

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

Stir in the **boiled water for the rice**, **honey** (see pantry for both amounts) and the **chicken stock paste**.

Bring back up to the boil, then pop a lid on the pan (or cover with foil). Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.



Serve Up

Share your **ultimate chicken paella** between your bowls. Drizzle over the **garlic mayonnaise** and crumble the **crispy chorizo** over the top.

Scatter over the **rocket leaves** and drizzle with the **olive oil for the dressing** (see pantry for amount).

Serve with **garlic bread** and any remaining **lemon wedges** on the side.

Enjoy!