HELLO FRESH

Mexican Style Spiced Chorizo Rice
with Roasted Tomatoes and Yoghurt Topping

Calorie Smart · 35-40 Minutes · **Medium Spice** · 2 of your 5 a day · Under 650 Calories

25

Onion

Garlic Clove

Baby Plum Tomatoes

Diced Chorizo

Mexican Style Spice Mix

Basmati Rice

Chicken Stock Paste

Lemon

Peas

Red Pepper Chilli Jelly

Greek Style Natural Yoghurt

Pantry Items
Oil, Salt, Pepper, Butter, Sugar

Cooking tools

Saucepan, kettle, garlic press, baking tray, aluminium foil, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Diced Chorizo** 7)	60g	90g	120g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Chicken Stock Paste	20g	30g	40g
Lemon**	½	¾	1
Peas**	120g	180g	240g
Red Pepper Chilli Jelly	25g	37g	50g
Greek Style Natural Yoghurt** 7)	50g	75g	100g

Pantry	2P	3P	4P
Butter*	2 tsp	3 tsp	4 tsp
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2705 /647	493 /118
Fat (g)	21.4	3.9
Sat. Fat (g)	8.3	1.5
Carbohydrate (g)	90.3	16.5
Sugars (g)	20.9	3.8
Protein (g)	25.3	4.6
Salt (g)	4.98	0.91

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

Allergens

7) Milk

1 Fry the Onions

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, add the **butter** (see pantry for amount) and allow to melt.

Add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and soft, 8-10 mins. Add the **sugar** (see pantry for amount) to the **onion** and caramelised, 1-2 mins more.

2 Tomato Time

Meanwhile, boil a half-full kettle.

Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**.

Add the **baby plum tomatoes** to a medium baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast on the middle shelf of your oven until softened, 10-12 mins.

Once cooked, remove from your oven and cover with foil to keep warm.

3 Bring on the Chorizo

Meanwhile, once the **onion** has softened, add the **chorizo** to the pan and fry until it starts to brown, 3-4 mins.

Once the **chorizo** has browned, stir in the **garlic** and **Mexican style spice mix**. Fry until fragrant, 1 min.

4 Add the Rice

Stir the **rice** into the **chorizo** until coated, 1 min.

Add the **water for the rice** (see pantry for amount) and **chicken stock paste** to the pan and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

5 Finishing Touches

Meanwhile, zest and cut the **lemon** into wedges (see ingredients for amount).

Once the **rice** is cooked, stir in the **peas**, **red pepper chilli jelly** and **roasted tomatoes**. Add a squeeze of **lemon juice** from a **lemon wedge** and gently stir together.

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

6 Serve Up

Spoon the **rice** into your serving bowls.

Drizzle over the **yoghurt**.

Serve any remaining **lemon wedges** alongside for squeezing over.

Enjoy!

2024-W40