



Peri Peri Spiced Chorizo Pilaf with Peas and Soured Cream

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

38



Onion



Garlic Clove



Diced Chorizo



Peri Peri Seasoning



Cider Vinegar



Basmati Rice



Chicken Stock Paste



Lemon



Peas



Red Pepper Chilli Jelly



Soured Cream



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

This Peri Peri Spiced Chorizo Pilaf combines the Indian technique of pilaf, a sautéed rice dish, with Portuguese flavours. Peri peri contains smoked paprika, ancho chilli powder, ground cumin and oregano.



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, garlic press and lid.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Garlic Clove**	2	3	4
Diced Chorizo** 7)	90g	120g	180g
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
Cider Vinegar 14)	15ml	22ml	30ml
Basmati Rice	150g	225g	300g
Chicken Stock Paste	15g	20g	30g
Lemon**	1	1	1
Peas**	120g	180g	240g
Red Pepper Chilli Jelly	25g	37g	50g
Soured Cream** 7)	75g	150g	150g

Diced British Chicken Breast**	240g	390g	480g
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Pantry	2P	3P	4P
Butter*	30g	45g	60g
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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	549g	100g	679g	100g
Energy (kJ/kcal)	3331 / 796	607 / 145	3978 / 951	586 / 140
Fat (g)	37.9	6.9	40.5	5.9
Sat. Fat (g)	18.6	3.4	19.2	2.8
Carbohydrate (g)	96.6	17.6	96.7	14.2
Sugars (g)	20.5	3.7	20.6	3.0
Protein (g)	25.4	4.6	56.9	8.4
Salt (g)	5.00	0.91	5.19	0.76


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

Allergens

7) Milk 14) Sulphites

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.

 You can recycle me!

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Cook the Onions

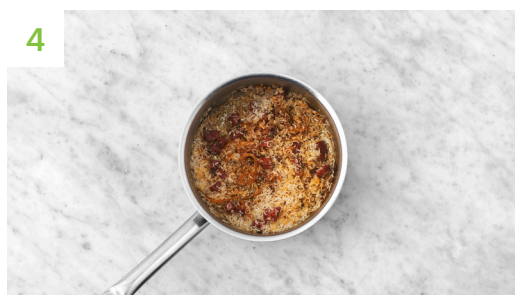
Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat.

Once hot, add **half** 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 softened, 10-12 mins.

+ Add Chicken Breast

If you're adding **chicken**, add it to the pan with the **onions**. Fry for the same amount of time, then continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**



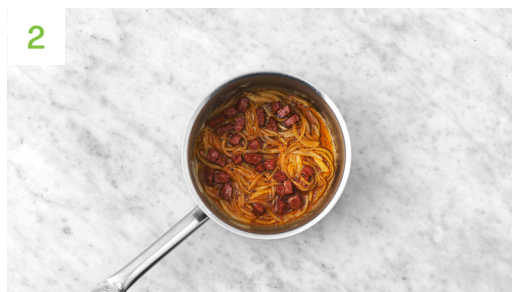
Time for the Rice

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

Next, stir in the **water for the rice** (see pantry for amount) and **chicken stock paste**. Bring to the boil.

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

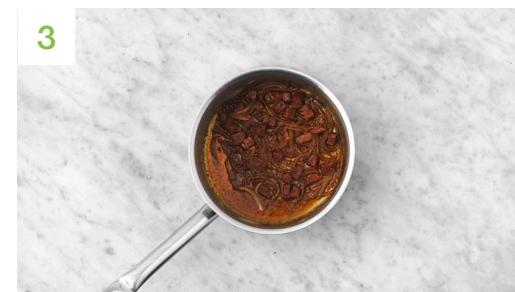
Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



Add the Chorizo

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

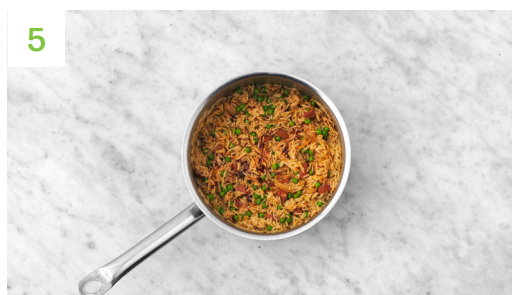
Once the **onions** have softened, add the **chorizo** and fry until it starts to brown, 3-4 mins.



Spice Time

Next, add the **garlic**, **peri peri seasoning** and **sugar** (see pantry for amount), stir-fry for 30 secs, until fragrant.

Stir in the **cider vinegar** and allow it to evaporate, 1 min.



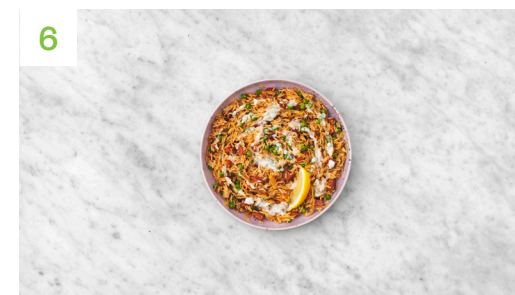
Finishing Touches

Meanwhile, quarter the **lemon**.

Once ready, stir the **peas**, **red pepper chilli jelly** and a good squeeze of **lemon juice** into the **rice** along with the remaining **butter**.

Pop the lid back on and allow to stand for 1-2 mins.

Taste and season with **salt**, **pepper** and **lemon juice** if you feel it needs it. Add a splash of **water** if it's a little dry.



Serve

Share the **peri peri spiced chorizo pilaf** between your bowls.

Finish with a drizzle of **soured cream** and any remaining **lemon wedges** alongside for squeezing over.

Enjoy!