



# Frango Churrasco Style Chicken Skewers with Green Portuguese Style Baked Rice

Summer Taste Tour 40-45 Minutes • Medium Spice • 1 of your 5 a day

5



Red Onion



Garlic Clove



Flat Leaf Parsley



Lemon



Sun-Dried Tomato Paste



Peri Peri Seasoning



Bamboo Skewers



Chicken Thigh



Risotto Rice



Chicken Stock Paste



Peas

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, fine grater, bowl, ovenproof pan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Red Onion	1	1	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
Bamboo Skewers	4	6	8
Chicken Thigh**	3	5	6
Risotto Rice	175g	260g	350g
Chicken Stock Paste	20g	30g	40g
Peas**	120g	240g	240g
Pantry	2P	3P	4P
Sugar for the Marinade*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Marinade*	1½ tbsps	2 tbsps	3 tbsps
Water for the Rice*	450ml	675ml	900ml
Butter*	30g	40g	60g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	436g	100g
	3674 / 878	843 / 202
Fat (g)	39.8	9.1
Sat. Fat (g)	14.5	3.3
Carbohydrate (g)	90.6	20.8
Sugars (g)	13.4	3.1
Protein (g)	38.5	8.8
Salt (g)	2.96	0.68

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Get Prepped

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

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Zest and halve the **lemon**.

In a medium bowl, combine the **sun-dried tomato paste**, **lemon zest**, **sugar** and **olive oil for the marinade** (see ingredients for both amounts), **half the garlic** and **three quarters of the peri peri seasoning**. Season with **salt** and **pepper**, mix together, then set aside.



## Bake the Rice

Once the **onion** has softened, stir in the remaining **garlic** and cook for 1 min.

Add the **risotto rice**, then stir and cook until the edges are translucent, 1-2 mins.

Stir in the **water for the rice** (see ingredients for amount), **chicken stock paste** and remaining **peri peri**. Bring to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



## Cook the Onion

Heat a drizzle of **oil** in a large ovenproof pan on medium-high heat. **TIP:** If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later.

Once hot, add the **onion** and season with **salt** and **pepper**. Stir-fry until soft and golden, 6-8 mins.



## Make your Skewers

Meanwhile, thread the **chicken pieces** onto the **skewers** (2 per person) and transfer to a baking tray.

Once the **rice** has baked for 10 mins, bake the **skewers** on the top shelf of your oven until cooked through, 10-15 mins. Turn halfway through. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Marinade Time

Meanwhile, soak your **skewers** in **cold water** to prevent them from burning.

Cut the **chicken thighs** into 2cm chunks and add them to the **marinade** bowl. Mix well to coat, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Finish and Serve

When the **rice** is cooked, remove it from the oven and mix in the **butter** (see ingredients for amount), **peas**, a squeeze of **lemon juice** and **two thirds of the parsley**.

Season to taste with **salt**, **pepper** and more **lemon juice** if needed. Add a splash of **water** if it's a little thick.

Spoon the **rice** into your bowls and serve the **chicken skewers** on top. Sprinkle over the remaining **parsley** to finish.

Enjoy!