



Louisiana Style Chorizo Cajun Rice

with Pepper, Peas and Lemon & Herb Drizzle

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day

9



Basmati Rice



Bell Pepper



Chorizo



Garlic Clove



Lemon



Flat Leaf Parsley



Tomato Puree



Cajun Spice Mix



Chicken Stock Paste



Peas



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Honey

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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

Saucepan, lid, frying pan, garlic press, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1	2
Chorizo**	90g	120g	180g
Garlic Clove**	2	3	4
Lemon**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Drizzle*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Sauce*	½ tsp	¼ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	351g	100g	481g	100g
Energy (kJ/kcal)	2811/672	800/191	3459/827	719/172
Fat (g)	26.3	7.5	28.7	6.0
Sat. Fat (g)	7.6	2.2	8.2	1.7
Carbohydrate (g)	87.9	25.0	88.0	18.3
Sugars (g)	18.4	5.2	18.5	3.9
Protein (g)	24.0	6.8	55.4	11.5
Salt (g)	4.04	1.15	4.23	0.88

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

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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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



Simmer and Spice

Once the **chorizo** is browned, reduce the heat to medium-high, then add the **garlic**, **tomato puree** and **Cajun spice mix** (add less if you'd prefer things milder). Fry, stirring, for 1 min.

Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer until thickened, 1-2 mins.



Chorizo and Pepper Time

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sliced pepper** and fry, stirring, until just soft, 3-4 mins.

Add the **chorizo** to the pan and fry until it starts to brown, 3-4 mins.

CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan with the **sliced pepper** and fry until golden brown all over 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.*



Combine and Stir

Once the **rice** is cooked, fluff it up with a fork and gently stir it into the **sauce**.

Stir through the **peas**, another squeeze of **lemon juice** from a **lemon wedge**, the remaining **parsley** and the **honey** (see pantry for amount). Taste and add more **salt** and **pepper** if needed.



Mix the Lemon & Herb Drizzle

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

Zest and cut the **lemon** into wedges. Roughly chop the **parsley** (stalks and all).

In a small bowl, combine the **olive oil for the drizzle** (see pantry for amount), a squeeze of **lemon juice** from a **lemon wedge**, the **lemon zest** and **half** the **parsley**. Season with **salt** and **pepper**, then set the **lemon and herb drizzle** aside for now.



Serve

Share the **chorizo Cajun rice** between your bowls and spoon over the **lemon and herb drizzle**.

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

Enjoy!