



Prawn and Chorizo Paella

with Lemon Dressed Rocket

Premium 40-45 Minutes • 2 of your 5 a day

29



Onion



Bell Pepper



Garlic Clove



Chorizo



Risotto Rice



Chicken Stock Paste



Saffron



Flat Leaf Parsley



Lemon



Rocket



King Prawns

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, kettle, measuring jug, ovenproof pan, lid, fine grater, bowl, kitchen paper and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------|----------|------------|-----------|
| Onion** | 1 | 1 | 2 |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Chorizo** | 90g | 120g | 180g |
| Risotto Rice | 175g | 260g | 350g |
| Chicken Stock Paste | 15g | 20g | 30g |
| Saffron | 1 sachet | 1½ sachets | 2 sachets |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Lemon** | 1 | 1 | 1 |
| Rocket** | 40g | 60g | 80g |
| King Prawns** 5) | 225g | 375g | 450g |
| Pantry | 2P | 3P | 4P |
| Boiled Water for the Stock* | 500ml | 750ml | 1000ml |
| Olive Oil for the Dressing* | 1 tbsp | 1 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 for uncooked ingredient | Per serving | Per 100g |
|--|-------------|-----------|
| Energy (kJ/kcal) | 2987 / 714 | 623 / 149 |
| Fat (g) | 23.3 | 4.9 |
| Sat. Fat (g) | 7.4 | 1.5 |
| Carbohydrate (g) | 87.6 | 18.3 |
| Sugars (g) | 10.8 | 2.2 |
| Protein (g) | 39.6 | 8.3 |
| Salt (g) | 5.57 | 1.16 |

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

Allergens

5) Crustaceans

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 chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

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

Boil your kettle, then pour the **boiled water for the stock** (see pantry for amount) into a measuring jug.



Dress the Salad

Meanwhile, pour the **olive oil for the dressing** (see pantry for amount) into a medium bowl. Add a squeeze of **lemon** and season with **salt** and **pepper**. Stir together well.

Just before serving, add the **rocket** to the bowl and toss to coat in the **dressing**. **TIP: Don't do this too early or the rocket will become soggy.**



Fry the Chorizo and Veg

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

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

Add the **onion** and fry until softened, 4-5 mins, then add the **pepper** and fry for 3-4 mins more. Stir frequently and adjust the heat if necessary.

Once the **veg** has softened, add **half** the **garlic** and cook for 1 min more.



Cook the Prawns

When the **paella** has about 5 mins left, drain the **prawns** and pat dry with kitchen paper.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 3-4 mins.

Add the remaining **garlic** and **half** the **lemon zest** to the pan, then cook for 1 min more.

Once cooked, remove from the heat and cover to keep warm. **IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.**



Bake your Paella

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

Pour in the **boiled water** from your measuring jug, **chicken stock paste** and **saffron**. Stir well to combine and bring back 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, 20-25 mins.

Meanwhile, roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**. Cut **half** the **lemon** into wedges.



Finish and Serve

When everything's ready, remove the **paella** from the oven. Squeeze in some **lemon juice** and season with **salt** and **pepper**. Stir through **half** the **parsley**, then taste and add more **salt**, **pepper** and **lemon juice** if needed.

Spoon the **paella** onto your plates and top with the **prawns**, then sprinkle over the remaining **parsley** and **lemon zest**.

Serve with a **lemon wedge** and the **rocket salad** alongside.

Enjoy!