



Prawn and Chorizo Spanish Style Rice

with Tomatoey Garlic Bread

N° 22

EXTRA RAPID 10 Minutes • Little Heat • 1.5 of your 5 a day



Bell Pepper



Baby Plum Tomatoes



Garlic Clove



Lemon



Parsley



Diced Chorizo



King Prawns



Ciabatta



Smoked Paprika



Tomato Purée



Steamed Basmati Rice

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Garlic Clove**	2 cloves	3 cloves	4 cloves
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Lemon**	½	¾	1
Parsley**	1 bunch	1 bunch	1 bunch
Diced Chorizo**	60g	90g	120g
King Prawns 5)**	150g	250g	300g
Ciabatta 11) 13)	1	2	2
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches

*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

	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	2536 /606	527 /126
Fat (g)	24	5
Sat. Fat (g)	6	1
Carbohydrate (g)	68	14
Sugars (g)	10	2
Protein (g)	29	6
Salt (g)	3.17	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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1. Get Started!

- Preheat your grill to high.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks.
- Halve the **tomatoes** and pop into a bowl with a drizzle of **olive oil** and season with **salt** and **pepper**.
- Peel and grate the **garlic** (or use a garlic press) and pop into a bowl with the **olive oil** (see ingredients for amount), mix and season with **salt** and **pepper**.
- Zest the **lemon** and cut into wedges.
- Roughly chop the **parsley** (stalks and all).

2. Get Cooking!

- Heat a drizzle of **oil** in a large frying pan over medium high heat.
- Once hot, add the **chorizo** and **pepper** and cook until slightly softened, 2 mins.
- Add the **prawns** and cook, stirring, until almost cooked, 2-3 mins.
- Halve the **ciabatta** (as if you were making a sandwich) and lay on a baking tray cut-side up and spread the **garlic mixture** on top.
- Add the **smoked paprika** and **tomato purée** to the pan with a splash of **water** and cook for a further 1 minute.

3. Finish Up!

- Meanwhile, cook the **rice** to pack instructions.
- Pop the **garlic bread** under the grill until golden, 2 mins.
- Once the **rice** is cooked, stir it through the **prawns** and **chorizo** with the **lemon zest** and **parsley**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
- Taste and season with **salt** and **pepper**.
- Divide the **rice** between plates.
- Add the **garlic ciabattas** and top them with the **tomatoes**, serve with the **lemon wedges** alongside for squeezing over.

Enjoy!