



# WHOLE SOME LEMON PAPRIKA RICE

with Serrano Ham & Veggies



Hands-on: 15 mins

Ready in: 35 mins

This Spanish inspired lemon paprika rice is low maintenance and high impact. It won't take long to prep, so we suggest a little flamenco tango with all your free time to really work up an appetite.



Make a one pan rice dish



Serrano Ham



Brown Onion



Red Capsicum



Zucchini



Parsley



Vegetable Stock



Smoked Paprika



Arborio Rice



Baby Spinach Leaves



Lemon

Pantry Staples



Olive Oil



Water



White Wine Vinegar

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle**, **chef's knife**, **chopping board**, **large jug**, **large saucepan** and a **wooden spoon**.



### 1 GET PREPPED

Put a full kettle of water on to boil. Roughly chop the **Serrano ham**. Finely chop the **brown onion**. Chop the **red capsicum** into 2 cm chunks. Roughly chop the **zucchini** into 2 cm chunks. Finely chop the **parsley** leaves.



### 2 PREP THE VEGETABLE STOCK

Combine the **vegetable stock** cube and the **boiling water** (check the ingredients list for the amount) in a large jug and mix well. Set aside.



### 3 COOK THE INGREDIENTS

Add a **drizzle** of **olive oil** to a large saucepan over a medium-high heat. Add the **Serrano ham**, **brown onion**, **red capsicum** and **zucchini** and cook for **5 minutes**, or until softened. Add the **smoked paprika** and cook for **1 minute**, or until fragrant.



### 4 ADD THE RICE

Add the **Arborio rice** to the saucepan and stir to coat. Add the **white wine vinegar** and cook for **1 minute**, or until all the liquid has evaporated. **TIP:** Stand back! White wine vinegar emits a strong vapour when added to the pan.



### 5 COOK THE RICE

Pour the **vegetable stock** liquid into the saucepan with rice, reduce the heat to medium and leave to simmer, without stirring, for **20-25 minutes**, or until the rice is soft and all the liquid has been absorbed. **TIP:** Don't stir the rice! The stock will find channels through the rice grains and cook evenly all by itself. Once the rice has cooked, stir through the **baby spinach leaves** and season with a **pinch** of **pepper**. Slice the **lemon** into wedges and squeeze over a little juice. Taste and add more lemon juice if you like.



### 6 SERVE UP

Divide the lemon paprika rice between bowls. Sprinkle over the parsley and serve any remaining lemon wedges on the side.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
Serrano ham	2 packets
brown onion	1
red capsicum	1
zucchini	1
parsley 🌿	½ bunch
vegetable stock	1 cube
boiling water*	5 cups
smoked paprika	1 sachet (2 tsp)
Arborio rice	2 packets (2 cups)
white wine vinegar*	2 tbs
baby spinach leaves	1 bag
lemon	1

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2680kJ (641Cal)	399kJ (95Cal)
Protein (g)	24.6g	3.7g
Fat, total (g)	21.5g	3.2g
- saturated (g)	12.5g	1.9g
Carbohydrate (g)	86.0g	12.8g
- sugars (g)	5.8g	0.9g
Sodium (mg)	294mg	44mg

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