



# FRAGRANT SPANISH STYLE RICE

with Yellow Pepper, Chicken and Chorizo



## HELLO CHORIZO

A survey showed that 42% of people in the UK couldn't live without this little sausage!



Chicken Stock Powder



Echalion Shallot



Diced Chicken Thigh



Diced Chorizo



Red Wine Vinegar



Smoked Paprika



Arborio Rice



Green Beans



Yellow Pepper



Flat Leaf Parsley

On the table in thirty minutes, bursting with rich earthy flavours, and requiring minimal prep and washing up, this one pot wonder is about to become your weeknight go-to. Whilst there is no widely agreed recipe for Spanish style rice, we've kept things pretty traditional on the spice front using paprika to create this sunny meal. Give this dish centre stage on your kitchen table and enjoy in a traditional, communal style!

30 mins

1 of your 5 a day

MEAL BAG

6

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Fine Grater** (or **Garlic Press**) and **Wide Bottomed Saucepan** (with a **Lid**). Now, let's get cooking!



### 1 MAKE THE STOCK

Boil your kettle and pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **stock powder** and stir until dissolved - chicken stock made! Halve, peel and thinly slice the **shallot**.



### 2 BROWN THE CHICKEN

Heat a drizzle of **oil** in a wide bottomed saucepan on medium-high heat. Add the **chicken** and **chorizo** to the pan, stir and cook until the **chicken** is nicely browned all over, 5 mins. When the **chicken** is browned, add the **shallot**, stir and cook for 3 mins more.



### 3 SIMMER THE SPANISH RICE

Next add the **red wine vinegar**, **smoked paprika** and the **arborio rice**. Stir well to make sure the **rice** is coated in the fragrant **oil**. Allow the **vinegar** to evaporate, then pour in the **chicken stock**, stir together and bring to the boil. Season with a pinch of **salt** and **pepper**. Pop the lid on (or use some foil) and reduce the heat to medium. Leave the **rice** to gently simmer, 7-8 mins.



### 4 PREP THE REST

Meanwhile, do any washing up that needs doing and then finish off the last few bits of prep. Trim the **green beans** and chop into thirds. Halve the **pepper** then remove the core and seeds. Slice into thin strips. Roughly chop the **flat leaf parsley** (stalks and all).



### 5 FINISHING TOUCHES

After 7 mins, add the **pepper** and **green beans** to the pan, on top of the **rice** (do not stir!), then quickly pop the lid (or foil) back on. Reduce the heat to medium-low and cook for another 10-12 mins. The **rice** is cooked when all of the **stock** has been absorbed.

**! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 6 SERVE

Taste the **Spanish style rice** and add more **salt** and **pepper** if needed. Stir through the **parsley** and serve in deep bowls. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachet	2 sachets
Echalion Shallot *	1	2	2
Diced Chicken Thigh *	280g	420g	560g
Diced Chorizo *	60g	90g	120g
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Arborio Rice	175g	260g	350g
Green Beans *	1 small pack	1 large pack	2 small packs
Yellow Pepper *	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch

\*Not Included \* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 460G	PER 100G
Energy (KJ/ kcal)	3125/ 747	680/ 162
Fat (g)	24	5
Sat. Fat (g)	7	1
Carbohydrate (g)	77	17
Sugars (g)	7	1
Protein (g)	57	12
Salt (g)	2.49	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

14) Sulphites

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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