



More Than Food  
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## Record Breaking Chicken Paella

This chicken paella has managed to sneak in some spicy chorizo for double meaty goodness. Bold, even by our standards! This is a great dish for sharing with friends and family - just put the pot in the middle of the table and watch the spoons, forks and... even hands fling themselves toward it. It's a real crowd-pleaser that you will love to cook again and again.



40 mins



family box



one pot wonder



2.5 of your 5 a day



Red Pepper (2)



Yellow Pepper (1)



Garlic Clove (3)



Flat Leaf Parsley (1 bunch)



Cherry Tomatoes (1 punnet)



Chicken Thigh (5)



Water (600ml)



Chicken Stock Pot (1)



Rosemary (4 sprigs)



Chorizo (2 packs)



Basmati Rice (350g)



Lemon (1)

## 4 PEOPLE INGREDIENTS

- Red Pepper, sliced **2**
- Yellow Pepper, sliced **1**
- Garlic Clove, grated **3**
- Flat Leaf Parsley, chopped **1 bunch**
- Cherry Tomatoes, quartered **1 punnet**
- Chicken Thigh **5**
- Water **600ml**
- Chicken Stock Pot **1**
- Rosemary **4 sprigs**
- Chorizo **2 packs**
- Basmati Rice **350g**
- Lemon **1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Red and yellow peppers have three times more vitamin C than your average orange!

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	680 kcal / 2853 kJ	26 g	8 g	65 g	7 g	20 g	3 g
Per 100g	114 kcal / 478 kJ	4 g	1 g	10 g	1 g	4 g	1 g

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



**1** Remove the stalks and cores from the **peppers** and cut into thin slices. Peel and grate the **garlic** (use a garlic press if you have one), finely chop the **parsley leaves** and cut the **tomatoes** into quarters. Chop the **chicken thighs** into bite-sized chunks. Pour the boiling **water** (amount as stated in the ingredient list) into a jug with the **chicken stock pot** and stir to dissolve. Pull the **rosemary leaves** from their sprigs.



**2** Heat a splash of **olive oil** in a frying pan on high heat. Season your **chicken** well with **salt** and **pepper**. Add your **chicken** to the pan and fry for a few minutes. Once brown on all sides, remove and keep to the side.



**3** Add another splash of **olive oil** to the frying pan. Add your **peppers** and **tomato**. Cook for a few mins until softened. Add in your **garlic**, your **rosemary leaves** and the **chorizo**.



**4** After 3 mins, add the **rice** and half of your **parsley**. Cook for a few minutes until your rice absorbs the oil.

**5** Add your **chicken stock** and **chicken**. Give everything a good stir. Reduce the heat to medium-low and cook for 15-20 mins. **Tip:** *Don't stir - a good paella always has a crusty bottom!*

**6** Once the liquid has been soaked up, take your **paella** off the heat. Cover with a clean tea towel and leave for 5 mins. Serve with your remaining **parsley** and big wedges of **lemon**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!