



SPANISH-STYLE RICE

with Chicken and Chorizo



HELLO CHORIZO

Paprika is what gives chorizo it's beautiful colour!



Garlic Clove



Flat Leaf Parsley



Rosemary



Diced Chicken Breast



Chorizo



Basmati Rice



Tomato Passata



Red Pepper

MEAL BAG
GFI

- Hands on: **20** mins
- Total: **35** mins
- 2** of your **5** a day
- Family Box

Requiring minimal effort, but resulting in maximum flavour, our Spanish-style rice takes you to dizzying new heights. Bursting with deliciously earthy flavours and packed with lots of hidden veggies, this colourful dish will delight even the fussiest of eaters. Place this beautiful pot right in the middle of your dinner table and enjoy in a traditional, communal style. No mealtime meltdowns in sight!

BEFORE YOU START

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



1 DO THE PREP!

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Pick the **rosemary leaves** from their stalks (see ingredients for amount) and finely chop (discard the stalks).



2 COOK THE RICE

Pour the water for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



3 FRY THE CHICKEN

Heat a splash of **oil** in a large frying pan on high heat. Add the **chicken** to the pan, season well with **salt** and **pepper**. Fry until brown, stirring occasionally to avoid sticking, 3-5 mins.



4 SOFTEN THE VEGGIES

Add the **peppers**. Fry until starting to soften and colour, about 5 mins. Add in the **garlic**, **rosemary** and **chorizo** and cook, stirring, for 3 mins.



5 MAKE THE SAUCE

Pour the **passata** and **water** for the sauce (see ingredients for amount) into the pan and bring to the boil. When boiling, lower the heat to medium and leave to simmer, stirring often, until thick and tomatoey, 8-10 mins. When done, leave on a low heat to keep warm.

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



6 COMBINE AND SERVE

Fluff up the **rice** with a fork, then fold the **rice** and **half** of the **parsley** into the **Spanish chicken sauce** in the frying pan. Taste and season with more **salt** and **pepper** if needed. Divide between bowls then sprinkle over the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Garlic Clove *	1	2	3
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Rosemary *	2 sprigs	3 sprigs	4 sprigs
Diced Chicken Breast *	280g	420g	420g
Chorizo 7) *	1 pack	1½ packs	2 packs
Basmati Rice	150g	225g	300g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Pepper *	1	1½	2
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 430G	PER 100G
Energy (kJ/kcal)	2607 / 623	607 / 145
Fat (g)	16	4
Sat. Fat (g)	6	2
Carbohydrate (g)	70	16
Sugars (g)	8	2
Protein (g)	49	11
Salt (g)	2.15	0.5

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

! 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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