



# SPANISH ONE-PAN CHICKEN

with Chorizo and Bell Peppers

PREP: 10 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



## HELLO

### PAELLA

A quick and easy version of Spain's famous dish

#### INGREDIENTS:

- Red Bell Pepper
- Yellow Onion
- Garlic
- Dried Chorizo (Contains: Milk)
- Chicken Breasts
- Basmati Rice
- Chicken Stock Concentrate
- Lemon
- Parsley

#### FOR 2 PEOPLE:

- 1
- 1
- 2 Cloves
- ½ Pack
- 12 oz
- ½ Cup
- 1
- 1
- ¼ oz

#### FOR 4 PEOPLE:

- 2
- 2
- 4 Cloves
- 1 Pack
- 24 oz
- 1 Cup
- 2
- 1
- ¼ oz

#### NUTRITION PER SERVING

529 cal | Fat: 14 g | Sat. Fat: 4.5 g | Protein: 50 g | Carbs: 54 g | Sugar: 6 g | Sodium: 706 mg | Fiber: 5 g

## START STRONG

Use the widest pan you've got in steps 2 through 4. It'll help ensure that the rice cooks evenly and gets that perfect al dente texture throughout.



## BUST OUT

- Large pan
- Oil (1 tsp | 2 tsp)

### 1 PREP

Wash and dry all produce. Core, seed, and thinly slice **bell pepper**. Halve, peel, and dice **onion**. Mince or grate **garlic**. Slice **chorizo** into ¼-inch-thick rounds.

### 2 COOK CHORIZO

Heat a large pan over medium heat. Add **chorizo** to pan and cook until it crisps and releases some of its oil, 1-2 minutes per side. Set aside, leaving oil in pan.

### 3 COOK CHICKEN

Season **chicken** on all sides with **salt** and **pepper**. Heat same pan over medium heat. (**TIP:** If pan seems dry, add a drizzle of **oil**.) Add chicken and sear until browned and cooked through, 5-6 minutes per side. Remove from pan and set aside.



### 4 COOK VEGETABLES AND START RICE

Add **onion**, **garlic**, **bell peppers**, and a drizzle of **oil** to same pan over medium heat. Stir until just softened, 3-4 minutes. Add **rice** and stir to coat. Stir in **1 cup water**, a pinch of **salt**, and **stock concentrate**. Cover and reduce heat to low. Simmer until rice is tender, 15-20 minutes.

### 5 PREP REMAINING INGREDIENTS

Meanwhile, cut **lemon** into wedges. Finely chop **parsley**. **TIP:** While you wait for rice to finish, try practicing this Spanish phrase: *Con pan y vino se anda el camino* (life is better with food and wine).

### 6 FINISH AND SERVE

Fluff **rice** with a fork and season generously with **salt** and **pepper**. Place **chicken** on top and sprinkle with **crispy chorizo**. Remove pan from heat and sprinkle with **parsley** and a few squeezes of **lemon**.

## SABROSO!

Make your own version with different seafood or meats.

