



# Chicken & Chorizo Paella-Style Rice

with Lemon & Parsley

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Zucchini



Garlic



Mild Chorizo



Chicken Thigh



Smoked Paprika



Arborio Rice



Chicken Stock



Lemon



Parsley



Baby Spinach Leaves



Garlic Aioli

Hands-on: 25 mins  
Ready in: 50 mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Chorizo and smoked paprika add another super-tasty dimension to this delicious paella-style baked rice. Serve it with garlic aioli and lemon wedges to keep that Spanish vibe going strong!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

### You will need

Oven tray lined with baking paper · Large frying pan · Large baking dish

### Ingredients

	4 People
olive oil*	refer to method
capsicum	1
red onion	1
zucchini	1
garlic	3 cloves
mild chorizo	1 packet
chicken thigh	1 medium packet
smoked paprika	2 sachets
arborio rice	2 packets
water*	4 cups
salt*	½ tsp
chicken stock	2 cubes
lemon	1
parsley	1 bag
baby spinach leaves	1 bag (90g)
garlic aioli	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (863Cal)	781kJ (187Cal)
Protein (g)	39.1g	8.5g
Fat, total (g)	38.2g	8.3g
- saturated (g)	9.3g	2.0g
Carbohydrate (g)	87.4g	18.9g
- sugars (g)	7.1g	1.5g
Sodium (g)	1390mg	301mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **capsicum** into 2cm pieces. Cut the **red onion** into 2cm wedges. Roughly chop the **zucchini**. Place the veggies on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Roast until tender and golden, **25-30 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Prep the lemon & parsley

While the paella-style rice is baking, slice the **lemon** into wedges. Roughly chop the **parsley** leaves.



## 2. Start the rice

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Roughly chop the **mild chorizo**. Cut the **chicken thigh** into 2cm chunks. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chorizo** and cook, tossing, until browned, **3-4 minutes**. Reduce the heat to medium-high and add the **garlic** and **smoked paprika**. Cook until fragrant, **30 seconds**. Add the **arborio rice**, **water**, the **salt** and crumble in the **chicken stock** cubes. Bring to the boil, then remove from the heat.



## 5. Finish the rice

When the rice has finished cooking, stir through the **baby spinach leaves**, a **generous squeeze** of **lemon juice** and **1/2** the **parsley**. Gently fold in the roasted **veggies** and season to taste with **salt** and **pepper**.



## 3. Bake the rice

Transfer the **rice mixture** to a large baking dish. Cover with foil and bake until the liquid has been absorbed and the rice is 'al dente', **24-28 minutes**.

**TIP:** 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



## 6. Serve up

Divide the chicken and chorizo paella-style rice between bowls. Garnish with the remaining parsley and serve the **garlic aioli** and remaining lemon wedges on the side.

**TIP:** Garlic aioli is traditionally served with paella in Spain, but feel free to leave it out if you're not a fan!

**Enjoy!**