



Spanish Rice Bowl

with Chorizo and Veggies



Master a one-pot
Spanish style rice dish



Chorizo



Red Onion



Carrot



Zucchini



Long Green Chilli



Garlic



Green Beans



Smoked Paprika



Jasmine Rice



Vegetable Stock



Parsley



Lemon

Pantry Staples



Olive Oil



Water



Hands-on: **30** mins
Ready in: **40** mins

Taking our cues from classic Spanish paella, this flavoursome rice bowl with added depth from tasty chorizo is a simple way to achieve amazing, authentic flavours. You won't wait to dig in!

BEFORE YOU START

You will need: **chef's knife, chopping board, vegetable peeler, garlic crusher, medium frying pan, wooden spoon** and **sieve**. Let's start cooking the **Spanish Rice Bowl with Chorizo and Veggies**



1 GET PREPPED

Thinly slice the **chorizo**. Finely chop the **red onion**. Peel and finely dice the **carrot**. Slice the **zucchini** into half-moons. Deseed the **long green chilli** and finely chop. Peel and crush the **garlic**. Trim the **green beans** and cut into thirds.

TIP: If you like spice, add the seeds of the chilli for extra heat! If you don't like spice, remove the white pith from the inside of the chilli – this is actually the hottest part!



4 ADD THE STOCK

➕ Add the **green beans**, crumbled **vegetable stock** cube and **water**. Season with **salt** and **pepper**. Bring to the boil, then reduce the heat to low and simmer, stirring often, for **15-20 minutes**, or until the rice is tender and the water has been absorbed.

Good old Mediterranean style comfort food made in a single pan – even the rice! Cooking the chorizo, veggies and smoked paprika with the rice adds a delicious smoky flavour to the dish, so much so, you'll think you're in Spain. And the best part, you can eat this right out of the pan!



2 COOK THE VEGGIES

Heat **1/2** the **olive oil** in a medium frying pan over a medium-high heat. Add the **chorizo** and cook for **2 minutes**, or until golden. Add the **red onion, carrot, zucchini, long green chilli, garlic** and **smoked paprika** to the pan and cook for **2 minutes**, or until fragrant.



5 PREPARE THE GARNISH

Finely chop the **parsley** leaves and cut the **lemon** into wedges.



3 ADD THE RICE

Rinse the **Jasmine rice** well. Add the Jasmine rice to the same frying pan and stir for **1 minute**, or until coated in the delicious aromatic flavours.



6 SERVE UP

Spoon the Spanish rice with chorizo and veggies into bowls, sprinkle with the parsley and serve with the lemon wedges.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
chorizo	1	2
red onion	1/2	1
carrot	1	2
zucchini	1	2
long green chilli	1	2
garlic	1 clove	2 cloves
green beans	1 packet	2 packets
olive oil*	1 tbs	2 tbs
smoked paprika	1/2 sachet (1 tsp)	1 sachet (2 tsp)
Jasmine rice	1 packet (3/4 cup)	2 packets (1 1/2 cups)
vegetable stock	1 cube	2 cubes
water*	2 1/2 cups	5 cups
parsley	1/2 bunch	1 bunch
lemon	1/2	1

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (618Cal)	332kJ (79Cal)
Protein (g)	22.7g	2.9g
Fat, total (g)	25.0g	3.2g
- saturated (g)	7.8g	1.0g
Carbohydrate (g)	71.3g	9.2g
- sugars (g)	10.2g	1.3g
Sodium (g)	1280mg	165mg

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