

## Spanish Rice Bowl with Chorizo and Veggies







Master a one-pot Spanish style rice dish



















Long Green Chilli





Green Beans Smoked Paprika



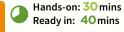


Jasmine Rice



Lemon

Pantry Staples



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!



Olive Oil



## **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



## **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!



**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.



**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.



\*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

**INGREDIENTS** 

1

1/2

1

1

1

1 clove

1 packet

½ sachet

1 packet

(¾ cup)

1 cube

2 ½ cups

½ bunch

1/2

1 tbs

(1 tsp)

2

2

2

2

2 cloves

2 packets

1 sachet

2 packets

2 cubes

5 cups

1 bunch

(2 tsp)

2 tbs

chorizo

carrot

zucchini

red onion 👁

long green chilli garlic 👁

smoked paprika

vegetable stock

Jasmine rice

green beans

olive oil'

water\*

lemon

parsley @



**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!



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



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

Enjoy!

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2017 | WK18 | C3

