



Chicken & Chorizo Rice

with Cherry Tomatoes and Peppers

N° 9

FAMILY Hands On Time: 15 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Yellow Pepper



Garlic Clove



Baby Plum Tomatoes



Flat Leaf Parsley



Lemon



Diced Chicken Thighs



Chorizo



Smoked Paprika



Basmati Rice



Chicken Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Yellow Pepper**	1	1	1
Garlic Clove**	2 cloves	3 cloves	4 cloves
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Diced Chicken Thighs**	210g	350g	420g
Chorizo 7)**	60g	90g	120g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Water for the Rice*	350ml	525ml	700ml
Chicken Stock Powder	2 sachets	3 sachets	3 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2734 /654	624 /149
Fat (g)	23	5
Sat. Fat (g)	7	2
Carbohydrate (g)	73	17
Sugars (g)	9	2
Protein (g)	39	9
Salt (g)	3.26	0.74

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Do the Prep

Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Roughly chop the **parsley** (stalks and all). Cut the **lemon** into wedges.



4. Add the Rice

Add the **rice** to the pan along with **half** the **parsley**. Stir to make sure it is coated in **oil** and cook for 2 mins. Pour in the boiling **water** (see ingredients for amount) along with the **stock powder** and stir to dissolve.



2. Brown the Chicken

Heat a splash of **oil** in a large saucepan on high heat. When hot, add the **chicken** and season well with **salt** and **pepper**. Fry until browned, 3-5 mins. Stir occasionally to avoid sticking. Once browned on all sides, remove from the pan and set aside on a clean plate. **TIP:** You may want to do this in batches to avoid stewing the chicken.



5. Cook the Rice

Return the **chicken** to the pan and bring to the boil. Reduce the heat to medium, cover with a lid (or some foil) and cook for 15 mins. Remove from the heat and set aside (still covered) for another 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



3. Cook the Veggies

Put another splash of **oil** in your now empty saucepan. Add the **peppers** and **tomatoes**. Cook until softened, about 5 mins. Stir in the **garlic**, **chorizo** and **paprika**. Cook, stirring, for 3 mins. Meanwhile fill and boil your kettle.



6. Serve

Once cooled, add a squeeze of **lemon juice**. Taste the **rice** and season with **salt** and **pepper** and more **lemon juice** if it needs it. Sprinkle on the remaining **parsley**. Put the pan on the table, topped with **lemon wedges**, and let everyone help themselves.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.