



Smoky Chorizo Prawn Rice

with Tomatoes and Sweetcorn

N° 12

EXTRA RAPID 10 Minutes • Medium Heat • 1.5 of your 5 a day



Chorizo



Baby Plum Tomatoes



Sweetcorn



Coriander



Lemon



Mexican Spice



King Prawns



Sun-dried
Tomato Paste



Steamed Basmati
Rice

Before you start

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

Basic cooking tools, you will need:

Large Frying Pan, Sieve and Fine Grater.

Ingredients

	2P	3P	4P
Chorizo 7)**	60g	90g	120g
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Sweetcorn	1 small tin	¾ large tin	1 large tin
Coriander**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Mexican Spice	1 pot	1½ pots	2 pots
King Prawns 5)**	180g	280g	360g
Sun-dried Tomato Paste	1 pot	1½ pots	2 pots
Steamed Basmati Rice	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	2042 /488	431 /103
Fat (g)	16	4
Sat. Fat (g)	5	1
Carbohydrate (g)	54	11
Sugars (g)	11	2
Protein (g)	28	6
Salt (g)	4.67	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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. Fry the Chorizo

a) Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **chorizo** and cook, stirring, until the **fragrant oils** are released, 2-3 mins.

b) Meanwhile, halve the **tomatoes**. Drain the **sweetcorn** in a sieve.

c) Roughly chop the **coriander** (stalks and all). Zest and halve the **lemon**.

2. Add the Rest

a) Add the **Mexican spice** to the **chorizo** and cook for 1 min (add less if you don't like too much heat).

b) Add the **tomatoes** and **prawns** and cook until the **tomatoes** are starting to soften and the **prawns** are almost cooked, 2-3 mins.

c) Add the **sweetcorn**, **sundried tomato paste** and **lemon zest** with a splash of **water** and cook, stirring, for a further 2-3 mins.

d) Season with **salt** and **pepper**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

3. Rice Time

a) Meanwhile, cook the **rice** according to pack instructions.

b) Stir the cooked **rice** through the **prawn mixture** with **half** the **coriander** and squeeze over some **lemon juice**.

c) Taste and add more **salt** and **pepper** if necessary.

d) Divide between plates and scatter over the remaining **coriander**. Serve with any remaining **lemon wedges**.

Enjoy!