



Smoky Coley Paella

with Chorizo and Green Beans

CLASSIC 40 Minutes • 1.5 of your 5 a day



-  Onion
-  Green Beans
-  Lemon
-  Garlic
-  Chorizo
-  Smoked Paprika
-  Arborio Rice
-  Chicken Stock Powder
-  Coley Fillet

Before you start

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

Basic cooking tools you will need:

Fine Grater, Two Large Frying Pans and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Lemon**	½	¾	1
Garlic**	2	3	4
Chorizo 7) **	60g	90g	120g
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Arborio Rice	175g	260g	350g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Rice*	750ml	1.25ltr	1.5ltr
Coley Fillet 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	368g	100g
Energy (kJ/kcal)	2289/547	621/149
Fat (g)	10	3
Sat. Fat (g)	3	1
Carbohydrate (g)	79	22
Sugars (g)	7	2
Protein (g)	35	10
Salt (g)	1.73	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Get Prepped!

Halve, peel and chop the **onion** into small pieces. Trim the **green beans** then chop into thirds. Zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).



4. Cook The Beans

Meanwhile, heat a drizzle of **oil** in another frying pan on medium high heat. Add the **green beans** and cook, stirring, until just tender, 4-5 mins. Transfer to a plate but do not wash the pan.



2. Start The Paella

Heat a drizzle of **oil** in a large frying pan over medium to high heat. Once hot, add the **chorizo** and cook, stirring, until it has released its oils, 3 mins. Add the **onion** and cook, stirring, until softened, 4-5 mins. Add the **garlic**, **half the lemon zest** and **half the paprika** and cook, stirring, for 1 min.



5. Cook The Fish

Pop the **coley fillets** in a bowl with the remaining **lemon zest**, remaining **paprika** and a drizzle of **oil**. Season with **salt** and **pepper**. Mix well to coat. **IMPORTANT:** Wash your hands after handling raw fish. Return the now empty frying pan to the heat and cook the fish for 2-3 mins on each side. **IMPORTANT:** The fish is cooked when opaque in the middle. Once cooked, transfer the **fish** to a plate and flake the **fish** into pieces using two forks.



3. Simmer The Rice

Add the **rice** to the pan and stir to coat well. Cook for 1 min. Add the **chicken stock powder** and **water** (see ingredients for amount) to the pan and season with **salt** and **pepper**. Stir to mix, then cover with a lid (or some foil) and cook, stirring occasionally, for 20-25 mins. **TIP:** Add a splash more water if the liquid evaporates and the rice isn't quite cooked.



6. Finish Up

Once the **rice** is cooked, carefully stir the **flaked coley** and **green beans** through the **rice** with **juice** from **half the lemon**. Cut the remaining **lemon** into **wedges**. Taste and add more **salt** and **pepper** if you like. Divide between plates and serve with **lemon wedges**.

Enjoy!