



## Spanish One-Pot Chicken and Rice

with Chorizo, Sweet Peppers, and Lemon

Chorizo, garlic, and red pepper give this simple one-pot recipe a Spanish twist. Cooking the chicken in the natural rendered chorizo oil gives it extra flavor and color. The best part? You'll have enough time to clean up (or drink a glass of wine) while the rice cooks.



**Prep:** 15 min  
**Total:** 40 min



level 1



nut free



gluten free



Chicken Breasts



Basmati Rice



Dried Chorizo



Yellow Onions



Parsley



Red Bell Peppers



Lemon



Garlic



Chicken Stock Concentrates

## Ingredients

Chicken Breasts	24 oz
Basmati Rice	1 Cup
Dried Chorizo <b>1)</b>	2 Packs
Yellow Onions	2
Red Bell Peppers	2
Parsley	¼ oz
Lemon	1
Garlic	4 Cloves
Chicken Stock Concentrates	2
Oil*	2 t

\*Not Included

## Allergens

**1)** Milk

## Tools

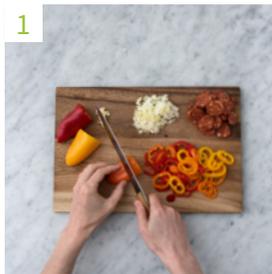
Large pan

**Nutrition per person** Calories: 598 cal | Fat: 20 g | Sat. Fat: 1 g | Protein: 56 g | Carbs: 51 g | Sugar: 6 g | Sodium: 1111 mg | Fiber: 5 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



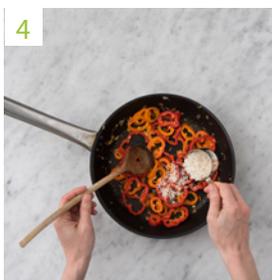
**1 Prep the ingredients: Wash and dry all produce.** Core, seed, and thinly slice the **bell peppers**. Halve, peel, and dice the **onions**. Mince or grate the **garlic**. Thinly slice the **chorizo** into rounds.

2



**2 Cook the chorizo:** Heat a large pan over medium heat. Add the **chorizo** to the pan and cook for 1-2 minutes per side, until the chorizo oil renders and the chorizo crisps. Set it aside, leaving the oil in the pan. Remove the pan from the heat.

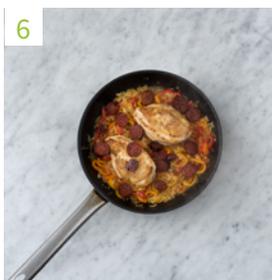
4



**3 Cook the chicken:** Season the **chicken** on all sides with **salt** and **pepper**. Heat the same pan over medium heat (if the pan is too dry, add a drizzle of oil). Add the chicken to the pan and cook for 5-6 minutes per side, until golden brown and cooked through. Remove from the pan and set aside.

**4 Start the rice:** Add the **onions, garlic, peppers**, and a large drizzle of **oil** to the same pan over medium heat. Cook, tossing for 5-6 minutes, until softened. Add the dry **rice** to the pan and stir to coat. Add **2 ¼ cups water**, a pinch of **salt**, and the **chicken stock concentrates** to the pan. Stir, cover, and reduce to a low simmer for 15-20 minutes, until the rice is tender. **TIP:** If the rice absorbs all the water before it's tender, simply add a splash of water to the pan.

6



**5 Prep the remaining ingredients:** Meanwhile, cut the **lemon** into wedges. Finely chop the **parsley**. **TIP:** Use this extra time to get caught up with clean up, emails, or relax with a glass of wine!

**6 Finish and serve:** Once tender, stir the **rice** and season generously with **salt** and **pepper**. Place the **chicken** on top and sprinkle with the **chorizo**. Cover the pan and increase the heat to medium-high for 2-3 minutes, until a golden brown crust forms on the bottom of the pan and the chicken is heated through. **TIP:** Peek at the rice to make sure the crust doesn't burn; adjust heat accordingly. Remove the pan from the heat and finish with a sprinkle of **parsley** and a few squeezes of **lemon**. Enjoy!

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