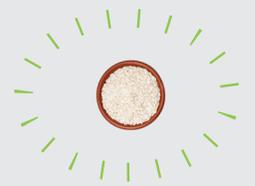




WHOLESOME LEMON PAPRIKA RICE

with Serrano Ham & Veggies



Make a one pan rice dish



Serrano Ham



Brown Onion



Red Capsicum



Zucchini



Parsley



Vegetable Stock



Smoked Paprika



Arborio Rice



Baby Spinach Leaves



Lemon

Pantry Staples



Olive Oil



Water



White Wine Vinegar

Hands-on: 15 mins
Ready in: 35 mins

This Spanish inspired lemon paprika rice is low maintenance and high impact. It won't take long to prep, so we suggest a little flamenco tango with all your free time to really work up an appetite.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle**, **chef's knife**, **chopping board**, **large jug**, **large saucepan** and a **wooden spoon**.



1 GET PREPPED

Put a full kettle of water on to boil. Roughly chop the **Serrano ham**. Finely chop the **brown onion**. Chop the **red capsicum** into 2 cm chunks. Roughly chop the **zucchini** into 2 cm chunks. Finely chop the **parsley** leaves.



2 PREP THE VEGETABLE STOCK

Combine the **vegetable stock** cube and the **boiling water (check the ingredients list for the amount)** in a large jug and mix well. Set aside.



3 COOK THE INGREDIENTS

Add a **drizzle of olive oil** to a large saucepan over a medium-high heat. Add the **Serrano ham, brown onion, red capsicum** and **zucchini** and cook for **5 minutes**, or until softened. Add the **smoked paprika** and cook for **1 minute**, or until fragrant.



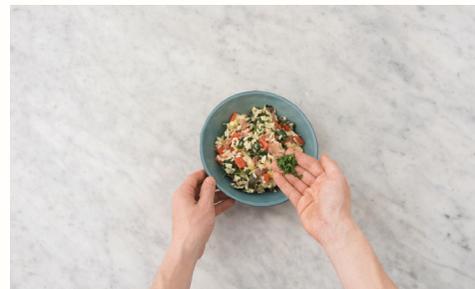
4 ADD THE RICE

Add the **Arborio rice** to the saucepan and stir to coat. Add the **white wine vinegar** and cook for **1 minute**, or until all the liquid has evaporated. **TIP:** Stand back! White wine vinegar emits a strong vapour when added to the pan.



5 COOK THE RICE

Pour the **vegetable stock** liquid into the saucepan with rice, reduce the heat to medium and leave to simmer, without stirring, for **20-25 minutes**, or until the rice is soft and all the liquid has been absorbed. **TIP:** Don't stir the rice! The stock will find channels through the rice grains and cook evenly all by itself. Once the rice has cooked, stir through the **baby spinach leaves** and season with a **pinch of pepper**. Slice the **lemon** into wedges and squeeze over a little juice. Taste and add more lemon juice if you like.



6 SERVE UP

Divide the lemon paprika rice between bowls. Sprinkle over the parsley and serve any remaining lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
Serrano ham	2 packets
brown onion	1
red capsicum	1
zucchini	1
parsley 🌿	½ bunch
vegetable stock	1 cube
boiling water*	5 cups
smoked paprika	1 sachet (2 tsp)
Arborio rice	2 packets (2 cups)
white wine vinegar*	2 tbs
baby spinach leaves	1 bag
lemon	1

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2680kJ (641Cal)	399kJ (95Cal)
Protein (g)	24.6g	3.7g
Fat, total (g)	21.5g	3.2g
- saturated (g)	12.5g	1.9g
Carbohydrate (g)	86.0g	12.8g
- sugars (g)	5.8g	0.9g
Sodium (mg)	294mg	44mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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