



Cajun Chorizo Rice

with Roasted Tomatoes and Yoghurt Topping

26

Calorie Smart 35-40 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Onion



Garlic Clove



Baby Plum Tomatoes



Diced Chorizo



Cajun Spice Mix



Basmati Rice



Chicken Stock Paste



Flat Leaf Parsley



Lemon



Red Pepper Chilli Jelly



Greek Style Natural Yoghurt



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, kettle, garlic press, baking tray, aluminium foil, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Diced Chorizo**	60g	90g	120g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Chicken Stock Paste	20g	30g	40g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Red Pepper Chilli Jelly	25g	37g	50g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Butter*	2 tsp	3 tsp	4 tsp
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	489g	100g	564g	100g
Energy (kJ/kcal)	2309 /552	472 /113	2475 /592	439 /105
Fat (g)	16.8	3.4	17.2	3.0
Sat. Fat (g)	7.0	1.4	7.2	1.3
Carbohydrate (g)	82.8	16.9	82.8	14.7
Sugars (g)	18.5	3.8	18.5	3.3
Protein (g)	19.1	3.9	28.1	5.0
Salt (g)	3.93	0.80	5.25	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 5) Crustaceans

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Fry the Onions

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat. Once hot, add the **butter** (see pantry for amount) and allow to melt.

Add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and soft, 8-10 mins. Add the **sugar** (see pantry for amount) to the **onion** for the last min of fry time.



Add the Rice

Stir the **rice** into the **chorizo** and **onions** until coated, 1 min.

Add the **water for the rice** (see pantry for amount) and **chicken stock paste** to the pan and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

Meanwhile, finely chop the **parsley** (stalks and all). Zest and cut the **lemon** into wedges (see ingredients for amount).



Tomato Time

Meanwhile, boil a half-full kettle.

Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**.

Add the **baby plum tomatoes** to a medium baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast on the middle shelf of your oven until softened, 10-12 mins.

Once cooked, remove from your oven and cover with foil to keep warm.



Finishing Touches

Once the **rice** is cooked, stir in the **red pepper chilli jelly**, **roasted tomatoes** and **half the parsley**. Add a squeeze of **lemon juice** from a **lemon wedge** and gently stir together.

Taste the **rice** and add **salt**, **pepper** and more **lemon juice** if needed.

CUSTOM RECIPE

If you're adding **prawns**, while the **rice** cooks, drain them and heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, fry, 4-5 mins. Add to the **rice** with the **red pepper chilli jelly** and other ingredients, then continue as instructed.

IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Bring on the Chorizo

Meanwhile, once the **onion** has softened, add the **chorizo** to the pan and fry until it starts to brown, 3-4 mins.

Once the **chorizo** has browned, stir in the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder). Fry until fragrant, 1 min.



Serve Up

Spoon the **Cajun rice** into your serving bowls.

Drizzle over the **yoghurt**, then sprinkle with the remaining **parsley** and the **lemon zest**.

Serve any remaining **lemon wedges** alongside for squeezing over.

Enjoy!