



# Chicken & Chorizo Rice with Roasted Tomatoes and Peppers

Family Eat me Early • 40 Minutes • 1 of your 5 a day

7



Bell Pepper



Garlic Clove



Baby Plum Tomatoes



Flat Leaf Parsley



Lemon



Diced Chicken Thigh



Chorizo



Smoked Paprika



Basmati Rice



Chicken Stock Paste

## Before you start

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

## Cooking tools, you will need:

Saucepan, Wooden Spoon, Garlic Press, Baking Tray, Measuring Jug, Plate.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove	2	3	4
Baby Plum Tomatoes	125g	188g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Diced Chicken Thigh**	210g	350g	420g
Chorizo**	60g	90g	120g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Water for the Rice*	350ml	525ml	700ml
Chicken Stock Paste	10g	15g	20g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	398g	100g
Energy (kJ/kcal)	2587 /618	650 /155
Fat (g)	21	5
Sat. Fat (g)	6	2
Carbohydrate (g)	69	17
Sugars (g)	8	2
Protein (g)	38	10
Salt (g)	2.43	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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 You can recycle me!



## Do the Prep

Preheat your oven to 200°C. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Roughly chop the **parsley** (stalks and all). Cut the **lemon** into **wedges**.



## Brown the Chicken

Heat a splash of **oil** in a large saucepan on high heat. When hot, add the **chicken** and **diced chorizo**. Season well with **salt** and **pepper**. Fry until browned, 4-6 mins. Stir occasionally to avoid sticking. **TIP:** You may want to do this in batches to avoid stewing the chicken. **IMPORTANT:** Wash your hands after handling raw meat.



## Roast the Veggies

Meanwhile, pop the **peppers** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and toss to coat. Roast in your oven until charred and soft, 18-20 mins. Halfway through cooking, add the **tomatoes** to the tray and pop back in your oven for the remaining time. Once cooked, remove from your oven and cover with foil to keep warm.



## Add the Rice

Stir the **garlic** and **smoked paprika** into the **chicken** and **chorizo** and cook for 1 minute. Then add the **rice**. Stir to make sure it is coated in **oil** and cook for 1 minute. Pour in the **water** (see ingredients for amount) along with the **stock paste** and stir to dissolve.



## Cook the Rice

Bring to the boil. Reduce the heat to medium, cover with a lid (or some foil) and cook for 10 mins. Remove from the heat and set aside (still covered) for another 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Serve

Once cooked, add in the **roasted pepper** and **tomato** along with a squeeze of **lemon juice** and **half** the **parsley**. Stir to combine, then taste the **rice** and season with **salt** and **pepper** and more **lemon juice** if it needs it. Sprinkle on the remaining **parsley**. Put the pan on the table, topped with **lemon wedges**, and let everyone help themselves.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.