



Prawn and Chorizo Paella

with Lemon Dressed Rocket

Premium 45 Minutes • 2 of your 5 a day

N° 27



Onion



Bell Pepper



Garlic Clove



Chorizo



Risotto Rice



Chicken Stock Paste



Saffron



Flat Leaf Parsley



Lemon



Rocket



King Prawns

Before you start

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

Cooking tools, you will need:

Garlic Press, Kettle, Measuring Jug, Ovenproof Pan or Saucepan, Ovenproof Dish, Lid, Zester, Medium Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove	2	3	4
Water for Stock*	450ml	675ml	900ml
Chorizo**	90g	120g	180g
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	20g	30g
Saffron	1 sachet	1½ sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Rocket**	40g	60g	80g
King Prawns 5)**	250g	400g	500g

*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	496g	100g
Energy (kJ/kcal)	2844 / 680	574 / 137
Fat (g)	21	4
Sat. Fat (g)	6	1
Carbohydrate (g)	82	17
Sugars (g)	9	2
Protein (g)	40	8
Salt (g)	5.34	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

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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Get Prepped

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Halve the **pepper**, discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Boil your kettle, then pour the **water** (see ingredients for amount) into a measuring jug.



Get Dressed

In the meantime, pour the **olive oil** (see ingredients for amount) into a medium bowl. Add a squeeze of **lemon** and season with **salt** and **pepper**. Stir to combine the **dressing**. Just before serving, add the **rocket** to the bowl and mix well to coat the **leaves** in the **dressing**. **TIP: Don't do this too early or the rocket will become limp and soggy.**



Fry Time

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat (if you don't have an ovenproof pan, use a large frying pan and transfer to an ovenproof dish before it goes in the oven). Add the **chorizo** and fry until it starts to brown, 3-4 mins. Add the **onion** to the **chorizo** and fry until soft, 4-5 mins. Then add the **pepper** and fry until just soft, 3-4 mins (lower the heat a little if necessary). Continue to stir while it cooks. Next, add **half** the **garlic** and cook for a further minute.



Fry the Prawns

Five mins before the **paella** is ready, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **prawns**. Season with **salt** and **pepper** and cook for 3-4 mins, turning occasionally. Add the remaining **garlic** and **half** the **lemon zest**, cook for 1 further min. Once cooked, remove the **prawns** to a plate and cover to keep warm. **IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when opaque all the way through.**



Bake the Paella

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins. Add the boiled **water**, **chicken stock paste** and **saffron** and stir well to combine. **TIP: Make sure to get all of the saffron out of the packet.** Bring back up to the boil then pop a lid on the pan or cover with foil (or transfer to your ovenproof dish and then cover). Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins. Meanwhile, roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**. Then cut one **half** of the **lemon** into **wedges**.



Garnish and Serve

Once the **paella** is ready, remove it from the oven. Squeeze in some **lemon juice** and season with **salt** and **pepper**. Throw in **half** of the **parsley** and mix well to combine. Taste and add more **salt**, **pepper** or **lemon juice** if needed. Spoon the **paella** onto your plates. Top with the **prawns** then sprinkle over a little more **parsley** (if you like) and the remaining **lemon zest**. Serve with a **lemon wedge** and the **rocket salad** alongside.

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.