



Smoky Chorizo Prawn Rice

with Tomatoes and Mangetout

EXTRA RAPID 10 Minutes • Medium Heat • 1.5 of your 5 a day

N° 12



Chorizo



Baby Plum Tomatoes



Mangetout



Coriander



Lemon



Mexican Spice



King Prawns



Sun Dried Tomato Paste



Steamed Rice

Before you start

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

Basic cooking tools, you will need:

Large Frying Pan and Fine Grater.

Ingredients

	2P	3P	4P
Chorizo 7)**	60g	90g	120g
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Mangetout	1 small pack	1 large pack	2 small packs
Coriander**	1 bunch	1 bunch	1 bunch
Lemon**	½	¾	1
Mexican Spice	1 pot	1½ pots	2 pots
King Prawns 5)**	180g	280g	360g
Sun Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Steamed Rice	1 pouch	1½ pouches	2 pouches

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	1818 /435	387 /93
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	43	9
Sugars (g)	9	2
Protein (g)	29	6
Salt (g)	3.59	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



1. Prep

a) Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **chorizo** and cook, stirring, until the **fragrant oils** are released, 2-3 mins.

b) Meanwhile, halve the **tomatoes**.

c) Roughly chop the **coriander** (stalks and all). Zest and halve the **lemon**.

2. Make the Mixture

a) Add the **Mexican spice** to the **chorizo** and cook for 1 min (add less if you don't like too much heat).

b) Add the **tomatoes** and **prawns** and cook until the **tomatoes** are starting to soften and the **prawns** are almost cooked, 2-3 mins.

c) Add the **mangetout**, **sundried tomato paste** and **lemon zest** with a splash of **water** and cook, stirring, for a further 2-3 mins.

d) Season with **salt** and **pepper**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

3. Rice Time

a) Meanwhile, cook the **rice** according to pack instructions.

b) Stir the cooked **rice** through the **prawn mixture** with **half** the **coriander** and squeeze over some **lemon juice**.

c) Taste and add more **salt** and **pepper** if necessary.

e) Divide between plates and scatter over the remaining **coriander**. Serve with any remaining **lemon wedges**.

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.