



Spanish Chorizo and Pepper Rice with Parsley, Almond and Lemon Sprinkle

Summer Taste Tour 40-45 Minutes • 1 of your 5 a day

5



Flaked Almonds



Chorizo



Garlic Clove



Bell Pepper



Smoked Paprika



Tomato Puree



Risotto Rice



Chicken Stock Paste



Lemon



Flat Leaf Parsley

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, measuring jug, ovenproof pan, bowl, garlic press, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Flaked Almonds 2)	15g	25g	25g
Chorizo**	120g	180g	240g
Garlic Clove**	2	3	4
Bell Pepper***	1	2	2
Smoked Paprika	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	20g	30g
Lemon**	½	¾	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Boiled Water for the Rice*	450ml	675ml	900ml

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2758 /659	925 /221
Fat (g)	24.6	8.2
Sat. Fat (g)	7.3	2.5
Carbohydrate (g)	81.0	27.2
Sugars (g)	8.4	2.8
Protein (g)	26.7	8.9
Salt (g)	4.41	1.48

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts

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, 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.

Contact

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Get Toasting

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

Boil your kettle, then pour the **boiled water for the rice** (see pantry for amount) into a measuring jug.

Heat a large ovenproof pan on medium heat (no oil). **TIP:** *If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later.*

Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.

TIP: *Watch them like a hawk as they can burn easily.* Transfer to a small bowl and set aside.



Make your Sprinkle

Meanwhile, zest and halve the **lemon** (see ingredients for amount). Roughly chop the **parsley** (stalks and all).

Toss the **lemon zest, parsley** and **flaked almonds** with the **chorizo** in the bowl. Season with some **pepper**, then set your **sprinkle** aside.



Fry your Chorizo

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **chorizo** and fry, stirring frequently, until it starts to brown, 3-4 mins. Transfer the **chorizo** to the **almond** bowl and remove the pan from the heat, keeping the **chorizo oil**.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Cut into 2cm pieces.

Pop your pan with the **chorizo oil** back on medium-high heat.



Season to Taste

When the **rice** is cooked, remove it from the oven and fluff it up with a fork.

Season to taste with a squeeze of **lemon juice** and **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Rice Time

Add the **pepper** and fry, stirring regularly, until just soft, 3-4 mins.

Lower the heat, then stir in the **garlic, smoked paprika** and **tomato puree**. Cook for 1 min, then add the **risotto rice**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Add the **boiled water** from your measuring jug and **chicken stock paste** and stir well to combine. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Serve

Share the **Spanish rice** between your bowls.

Top with the **chorizo, parsley, lemon and almond sprinkle** to finish.

Enjoy!