



SPANISH STYLE PILAF

with Chorizo, Green Beans and Pepper



HELLO ALMONDS

Explorers ate Almonds while travelling the 'silk road' between Asia and the Mediterranean. Historians agree that almonds were one of the earliest cultivated foods.



Flaked Almonds



Diced Chorizo



Red Pepper



Green Beans



Basmati Rice



Chicken Stock Powder



Flat Leaf Parsley

MEAL BAG

35 mins

1.5 of your 5 a day

Little heat

Meeting somewhere between a paella and a risotto, this deliciously simple rice dish is perfect for any night of the week. The trick to a deep, richly flavoured pilaf is to coat everything with the chorizo oil before adding the rice to the pan. Once the green beans and pepper are slightly softened, add the rice and cook, stirring, until the grains are well-coated. Toasting the rice grains until they're coated in oil and start to look translucent helps them separate so they won't clump and gives the dish a real depth of flavour.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Slotted Spoon** and **Measuring Jug**. Now, let's get cooking!



1 GET STARTED

Heat a large saucepan on high heat (no oil). Add the **almonds**. Fry, stirring often, until golden, 2-3 mins. **★ TIP:** *Make sure they don't burn!* Once toasted, transfer to a bowl and set aside. Return the pan to medium heat with a drizzle of **oil**. Add the **chorizo** and cook, stirring, for 2-3 mins. Remove the pan from the heat and use a slotted spoon to transfer the **chorizo** to a bowl, leaving the **red oil** behind in the pan.



2 STIR-FRY THE VEGGIES

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** and chop into thirds. Return the pan with the **chorizo oil** to medium heat and add the **pepper** and **beans**. Stir-fry until slightly softened, 4-5 mins. Stir in the **basmati rice** and cook for another minute, ensuring everything is well coated in the **oil**.



3 COOK THE PILAF

Pour the **water** (see ingredients for amount) and **stock powder** into the saucepan and bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



4 CHOP THE PARSLEY

Meanwhile, roughly chop the **parsley** (stalks and all). Clear down and get ready to serve!



5 FINISH UP

Fluff up the **rice** with a fork and stir through the **chorizo**, **half the almonds** and **half the parsley**. Season to taste with **salt** and **pepper** if needed.



6 SERVE

Serve the **Spanish style pilaf** in bowls. Sprinkle over the remaining **parsley** and **almonds**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Flaked Almonds ²⁾	1 small bag	1 large bag	2 small bag
Diced Chorizo	1 small pack	1 medium pack	1 large pack
Red Pepper ✱	1	2	2
Green Beans ✱	1 small pack	1 large pack	2 small pack
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Flat Leaf Parsley ✱	1 bunch	1 bunch	1 bunch

*Not Included

✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 276G	PER 100G
Energy (kJ/kcal)	2077 / 497	754 / 180
Fat (g)	16	6
Sat. Fat (g)	5	2
Carbohydrate (g)	68	25
Sugars (g)	6	2
Protein (g)	18	7
Salt (g)	2.50	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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