



Paella-style Prawn and Chorizo Orzo

with parsley and lime

Family Quick Cook 20-25 mins • Eat me first

19



Prawns



Chorizo



Dried Orzo



Bell Pepper



Garlic



Tomato Paste



Parsley



Lime



Paprika



Ground Cumin

Pantry Items: Oil, Salt, Pepper, Water, Sugar, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid

Ingredients

	2P	4P
Prawns	150 g	300 g
Chorizo	100 g	200 g
Dried Orzo	170 g	335 g
Bell Pepper	1 unit	2 units
Garlic	2 units	4 units
Tomato Paste	1 tin	2 tins
Parsley	5 g	10 g
Lime	1 unit	2 units
Paprika	2 sachets	4 sachets
Ground Cumin	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	379.5 g	100 g
Energy (kJ/kcal)	2548.1 kJ/ 609 kcal	671.4 kJ/ 160.5 kcal
Fat (g)	15.9 g	4.2 g
Sat. Fat (g)	5.4 g	1.4 g
Carbohydrate (g)	80.8 g	21.3 g
Sugars (g)	14.1 g	3.7 g
Protein (g)	37 g	9.7 g
Salt (g)	3.4 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

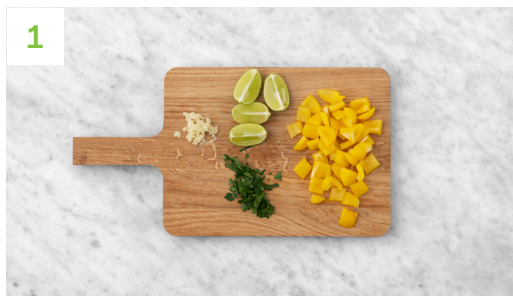
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Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Quarter the **lime**.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).



Time to Fry

- Place a large pan over medium-high heat (without oil).
- Once hot, fry the **chorizo** and **pepper** until the **pepper** starts to soften, 3-4 mins.
- Drizzle in some **oil** (if required) then add the **cumin**, **paprika** and **garlic**. Fry until fragrant, 1 min.
- Add the **tomato paste** and **orzo** and cook, stirring, 1-2 mins.



Simmer the Orzo

- Add 400ml **water**, ½ tsp **sugar**, ½ tsp **salt** (double all for 4p) and a knob of **butter**.
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins. Stir every 3-4 mins to prevent sticking.
- In the final 5 mins, add **prawns**. Cook for 4-5 mins.
- Once cooked, season to taste with **salt**, **pepper** and **lime** juice. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



Finish and Serve

- Stir a knob of **butter** and **half** the chopped **parsley** through the **orzo**.
- Divide your creamy **orzo** between bowls.
- Top with remaining **lime** wedges for squeezing over.
- Finish with a sprinkling of remaining chopped **parsley**.

Enjoy!