



Chicken and Chorizo Rice

with roasted tomatoes and bell peppers

Classic 40-45 mins

1



Diced Chicken Breast



Chorizo



Cherry Tomatoes



Parsley



Lemon



Garlic



Paprika



Rice



Chicken Stock



Bell Pepper



Pantry Items: Oil, Water, Salt, Pepper

Before you start

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

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Pan with Lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Chorizo	100 g	200 g
Cherry Tomatoes	125 g	250 g
Parsley	5 g	10 g
Lemon	½ unit	1 unit
Garlic	2 units	4 units
Paprika	1 sachet	2 sachets
Rice	150 g	300 g
Chicken Stock	1 sachet	2 sachets
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	443 g	100 g
Energy (kJ/kcal)	2622.9 kJ/ 626.9 kcal	592.1 kJ/ 141.5 kcal
Fat (g)	17.2 g	3.9 g
Sat. Fat (g)	5.8 g	1.3 g
Carbohydrate (g)	70.9 g	16 g
Sugars (g)	7.6 g	1.7 g
Protein (g)	48.6 g	11 g
Salt (g)	3.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **tomatoes**. Halve the **lemon**.
- Roughly chop the **parsley** (stalks and all).



Add the Rice

- Stir the **garlic** and **paprika** into the pan and cook for 1 min.
- Add the **rice**.
- Stir well to fully coat and cook for 1 min.
- Pour in 350ml **water** (double for 4p) along with the **stock**.



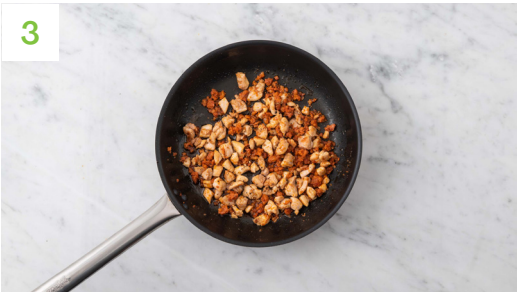
Roast the Veg

- Pop the **peppers** onto a lined baking tray and drizzle with **oil**.
- Season with **salt** and **pepper** and toss to coat.
- Roast in your oven until charred and soft, 18-20 mins.
- Halfway through cooking, add the **tomatoes** to the tray and pop back into the oven for the remaining time.
- Once cooked, remove from your oven and cover with foil to keep warm.



Cook the Rice

- Bring the pan to the boil.
- Reduce the heat to medium, cover with a lid (or some foil) and cook for 10 mins.
- Once cooked, remove from the heat and set aside (still covered) for another 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Once ready, add in the roasted **pepper** and **tomato** along with a squeeze of **lemon** juice and half the **parsley**.



Fry the Chicken and Chorizo

- While the veg roasts, place a large pan over high heat with a drizzle of **oil**.
- Once hot, add the diced **chicken** and **chorizo**. **IMPORTANT:** Wash your hands after handling raw meat.
- Season well with **salt** and **pepper**.
- Fry until browned, 4-6 mins. Stir occasionally to avoid sticking.

TIP: You may want to do this in batches to avoid stewing the chicken.



Serve Up

- Stir everything to combine, then taste and season with **salt**, **pepper** and more **lemon** juice if you like.
- Cut any remaining **lemon** into wedges.
- Sprinkle on the remaining **parsley**.
- Place the pan on the table, top with **lemon** wedges, and let everyone help themselves.

Enjoy!