



Chicken and Chorizo Rice with roasted tomatoes and bell pepper

35-40 mins

2



Diced Chicken Breast



Chorizo



Cherry Tomatoes



Parsley



Lemon



Bell Pepper



Paprika



Rice



Chicken Stock



Garlic



Worcester Sauce

Pantry Items: Oil, Water, Salt, Pepper

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

Baking sheet with baking paper, grater, 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	1 unit	2 units
Bell Pepper	1 unit	2 units
Paprika	2 sachets	4 sachets
Rice	150 g	300 g
Chicken Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	469 g	100 g
Energy (kJ/kcal)	2677.8 kJ/ 640 kcal	571 kJ/ 136.5 kcal
Fat (g)	17.5 g	3.7 g
Sat. Fat (g)	5.9 g	1.3 g
Carbohydrate (g)	75.6 g	16.1 g
Sugars (g)	9.5 g	2 g
Protein (g)	48.5 g	10.3 g
Salt (g)	3.7 g	0.8 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.

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

- Add the **Worcester sauce, garlic** and **paprika** to the pan and cook for 1 min.
- Stir in the **rice** and cook for 1 min more.
- Pour in 500ml **water** (double for 4p) along with the **stock powder**.
- Cover with a lid and bring to the boil.
- Reduce the heat to medium and simmer for 10 mins.



Roast the Veg

- Pop the **pepper** onto a lined baking tray and drizzle with **oil**.
- Season with **salt** and **pepper** and toss to coat.
- Roast on the top shelf of your oven until charred and soft, 15-20 mins.
- When the **pepper** has been cooking for 5 mins, add the **tomatoes** to the tray and pop back into the oven for the remaining time, 10-15 mins.
- Once cooked, remove from the oven and cover to keep warm.



Finishing Touches

- Once cooked, remove from the heat and set aside (still covered) for another 10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once ready, fluff up the **rice** with a fork.
- Add the roasted **pepper** and **tomatoes** to the pan.
- Stir through **lemon** juice to taste and **half** the **parsley**.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if you feel it's too dry.



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 hands after handling raw meat.
- Season well with **salt** and **pepper**.
- Fry until browned, 4-6 mins. Stir occasionally to prevent sticking.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. It will still taste delicious once cooked!



Garnish and Serve

- Finish with a sprinkling of the remaining **parsley**.
- Cut any remaining **lemon** into wedges and serve on the side.
- Place the pan on the table and allow everyone to help themselves.

Enjoy!