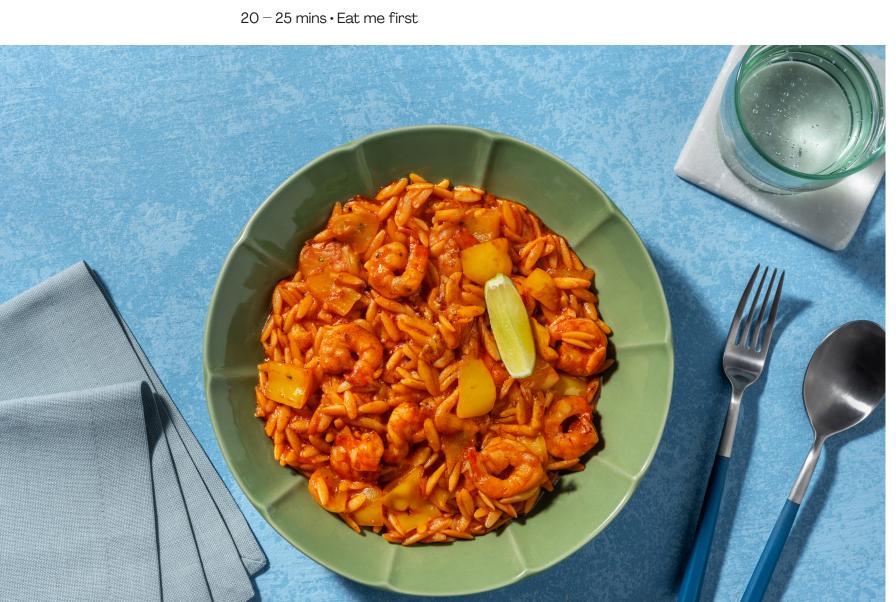


# Paella-style Prawn and Chorizo Orzo

with fresh lime









Dried Orzo





Chorizo















**Ground Cumin** 



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



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#### 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

### Cooking tools you will need

Grater, pan with lid

### Ingredients

•		
	2P	4P
Prawns	150 g	300 g
Dried Orzo	170 g	335 g
Chorizo	90 g	180 g
Bell Pepper	1 unit	2 units
Garlic	2 units	4 units
Tomato Paste	1 tin	2 tins
Lime	1 unit	2 units
Paprika	2 sachets	4 sachets
Ground Cumin	2 sachets	4 sachets
Prawns	300 g	600 g

#### **Nutrition**

	Recipe 1
Per 100g	Per 100g
657.3 kJ/ 157.1 kcal	590 kJ/ 141 kcal
3.8 g	3.3 g
1.4 g	1.2 g
21.8 g	18.1 g
4 g	3.3 g
9.2 g	10 g
1.2 g	1.2 g
	100g 657.3 kJ/ 157.1 kcal 3.8 g 1.4 g 21.8 g 4 g 9.2 g

See site or app for detailed nutritional info.

# **Allergens**

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



### **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.



### Time to Fry

- Place a large pan over medium-high heat.
- 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 (per 2P), ½ tsp sugar (per 2P), ½ tsp salt (per 2P) 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.
- Add prawns for final 5 mins of cooking time.
- 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** through the **orzo**.
- Divide your creamy orzo between bowls.
- Top with remaining **lime** wedges for squeezing over.

# Enjoy!

# Contact

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