



Everything
But The Chef

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Smoky Chorizo Risoni

The beauty of this smoky risoni is that all of the flavours cook together into a sauce that's equal parts sweet, smoky and powerful. We love the unique flavour you get from the blistered capsicum – we promise it's never tasted as good!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



pantry
items



Chorizo



Brown Onion



Garlic



Smoked Paprika



Chickpeas



Diced Tomatoes



Capsicum



Parsley



Risoni



Zucchini

2P	4P	Ingredients	
2 tbs	4 tbs	olive oil *	
110 g	220 g	chorizo, sliced on the diagonal	A
1 tsp	2 tsp	HelloFresh smoked paprika	
½	1	brown onion, finely chopped	⊕
2	4	garlic cloves, peeled & crushed	⊕
150 g	300 g	risoni	
1 tin	2 tins	diced tomatoes	
1 tin	2 tins	chickpeas, drained & rinsed	
1	2	zucchini, diced	⊕
1 cup	2 cups	water *	
1 tsp	2 tsp	brown sugar *	
1	2	capsicum, halved & deseeded	B
Garnish		finely chopped parsley	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2240	Kj
Protein	20.9	g
Fat, total	27.5	g
-saturated	6.5	g
Carbohydrate	44.3	g
-sugars	10	g
Sodium	912	mg

Measuretool

0 cm	1 cm	2 cm



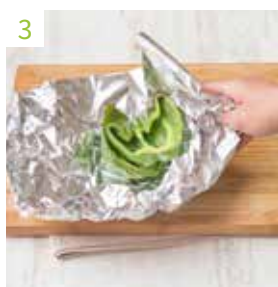
1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat a heavy based pot or casserole dish over a medium-high heat. Add in the **olive oil** and **chorizo** and fry for **5 minutes** or until it is nice and crispy on the edges. Then add the **HelloFresh smoked paprika**, **brown onion**, and **garlic** and sauté for **2 minutes**. Add the **risoni** and stir to coat the grains then add **diced tomatoes**, **chickpeas**, **zucchini**, **water**, and **brown sugar** and simmer for **15-20 minutes** or until the risoni is soft (but not mushy)!



3 On a foil lined tray, place the **capsicum halves** (cut side down so that the skins char nicely) in the oven for **10 minutes** or until they have blistered and charred. Carefully remove the tray and wrap the capsicum in the foil and allow it to steam for **5 minutes**. Unwrap and peel back the charred skin, slice the flesh and add to the pot.

4 Divide chorizo stew between bowls and serve with **parsley** on top. Enjoy!



Did you know? Onions are one of the most significant sources of antioxidants in the human diet.