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WK02  
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## Chorizo & Chickpea Risoni with Wilted Baby Spinach

This rich, bold stew of tomatoes and chorizo gets its heartiness from both chickpeas and risoni. We love risoni (literally ‘big rice’ in Italian) for when you have rice or even spaghetti fatigue. This pasta’s the perfect thing for sopping up all the amazing flavours of this tomato sauce.



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



lactose  
free



high fibre

### Pantry Items



Olive Oil



Water



Brown Sugar



Red Capsicum



Mild Chorizo



Red Onion



Garlic



Risoni



Smoked Paprika



Diced Tomatoes



Chickpeas



Baby Spinach  
Leaves



Parsley

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2P	4P	Ingredients
1	2	red capsicum, halved & deseeded
1 tbs	2 tbs	olive oil *
1	2	mild chorizo, sliced thinly on the diagonal
1 sachet	2 sachets	smoked paprika
1	2	red onion, finely chopped <span>⊕</span>
2 cloves	4 cloves	garlic, peeled & crushed
1 packet	2 packets	risoni
1 tin	2 tins	diced tomatoes
¾ tin	1 ½ tins	chickpeas, drained & rinsed
¾ cup	1 ½ cups	water *
1 tsp	2 tsp	brown sugar *
½ bag	1 bag	baby spinach leaves, washed <span>⊕</span>
1 bunch	2 bunches	parsley, finely chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2950	Kj
Protein	34.2	g
Fat, total	28.1	g
-saturated	8.1	g
Carbohydrate	69.8	g
-sugars	14.9	g
Sodium	1110	mg

1a



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with aluminium foil, heavy based pot or casserole dish and wooden spoon.*

**1** Preheat the oven to **220°C/200°C fan-forced**.

**2** On the foil lined tray, place the **red capsicum** halves cut side down and bake in the oven for **15 minutes** or until they have blistered and the skin loosens. 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, then slice the flesh into small strips.

1b



**2** Meanwhile, 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 **smoked paprika**, **red onion**, and **garlic** and sauté for **2 minutes**. Add the **risoni** and stir to coat the grains then add the **diced tomatoes**, **chickpeas**, **water** and **brown sugar** and simmer for **15-20 minutes**, or until the risoni is soft (but not mushy!). Add a little extra water if the dish is too dry. Stir through the cooked capsicum and **baby spinach leaves** until wilted.

2a



**4** To serve, divide the chorizo stew between bowls and serve with **parsley** on top. Enjoy!

2b



**Did you know?** Approximately 90 million tonnes of chickpeas are produced globally per year, and Australia is the world's second largest chickpea supplier!