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Spanish Rice Bowl with Chorizo

You absolutely can make a delicious Paella at home in a mere 40 minutes! Rich and smoky chorizo is the secret to the flavour profile of this dish; it provides the perfect base for all the jewel-like flourishes. A sneaky glass of wine is the perfect accompaniment to this classic Spanish dish – go on, we won't tell!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



gluten free



spicy

Pantry Items



Olive Oil



Water



Chorizo



Red Onion



Garlic



Carrot



Zucchini



Long Red Chilli



Smoked Paprika



Jasmine Rice



Green Beans



Vegetable Stock



Parsley












Lemon

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1	2	chorizo, thinly sliced 
½	1	red onion, diced 
1 clove	2 cloves	garlic, peeled & crushed 
1	2	carrot, peeled & finely diced 
1	2	zucchini, sliced into half moons 
1	2	long red chilli, deseeded & chopped 
½ sachet	1 sachet	smoked paprika
1 packet	2 packets	Jasmine rice, rinsed well
100 g	200 g	green beans, trimmed & cut into thirds
1 cube	2 cubes	vegetable stock
2 ½ cups	5 cups	water *
½ bunch	1 bunch	parsley, finely chopped 
½	1	lemon, cut into wedges 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

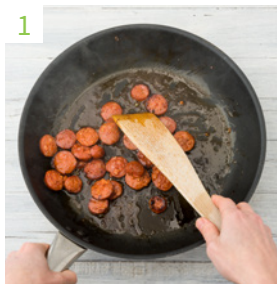
Energy	2590	Kj
Protein	22.7	g
Fat, total	25	g
-saturated	7.8	g
Carbohydrate	71.3	g
-sugars	10.2	g
Sodium	1280	mg



You will need: *chef's knife, chopping board, garlic crusher, wooden spoon and medium frying pan.*

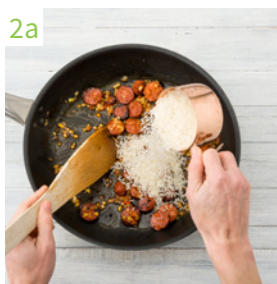
1 Heat half of the **olive oil** in a medium frying pan over a medium heat. Cook the **chorizo** for about **2 minutes** or until golden. Add the **red onion, garlic, carrot, zucchini, long red chilli** and **smoked paprika**. Cook, stirring, for **2 minutes** or until fragrant.

Tip: If you like it spicy, add the seeds of the chilli for extra heat!



2 Add the **Jasmine rice** to the frying pan and continue to stir for about **1 minute** or until coated in the delicious aromatic flavours. Stir in the **green beans, vegetable stock** and **water**. Season with **salt** and **pepper**. Bring to the boil. Reduce the heat to low and simmer, stirring often, for about **15-20 minutes** or until the rice is tender and the water has been absorbed.

3 To serve, spoon the paella into serving bowls, sprinkle with the **parsley** and serve with the **lemon wedges**.



Did you know? The signature smoky flavour of chorizo is a result of pimentón, a Spanish-style smoked paprika.