

UCCOOK

Chorizo Paella

with peas & fresh parsley

Let's bring the aromas and flavours of Spain to South Africa tonight, Chef! Salty dots of chorizo, plump peas, piquante peppers, & fresh parsley bring celebratory colour to this famous rice dish. Notes of lemon, white wine & tangy tomato passata bring it all together for a meal worth sharing (with friends, family, and on the socials!).

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha du Toit

Fan Faves

Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
30ml	Spanish Spice Mix <i>(20ml NOMU Spanish Rub & 10ml Ground Paprika)</i>
60ml	White Wine
200ml	Risotto Rice
250ml	Tomato Passata
100g	Peas
40g	Piquanté Peppers <i>drain</i>
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
100g	Sliced Chorizo <i>roughly chop</i>
1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. IT'S WINE O'CLOCK IN SPAIN Boil a full kettle. Place a pan (big enough for the paella) over medium heat with a drizzle of oil. When hot, fry the diced onion until soft and browned, 5-6 minutes (shifting occasionally). Add the Spanish spice mix and fry until fragrant, 1-2 minutes (shifting occasionally). Pour in the wine and cook until almost evaporated, 1-2 minutes.

2. AL DENTE RICE When almost all the wine has evaporated, stir through the rice and fry, 1-2 minutes (shifting frequently). Add the tomato passata and mix until combined. Slowly pour in 600ml of boiling water. Bring to a boil, reduce the heat to low, and simmer until the rice is al dente and all the liquid has been absorbed, 15-20 minutes. If the rice is still undercooked, add an extra splash of water and simmer until al dente.

3. PERFECT PAELLA Once the paella is cooked, remove from the heat and mix through the peas, ½ the drained peppers, ½ the chopped parsley, and the chopped chorizo. Add a generous squeeze of lemon juice, a sweetener (to taste), and seasoning. Cover and allow to steam, 5-8 minutes.

4. GORGEOUS & GENEROUS DINNER Dish up the paella. Scatter over the remaining peppers. Garnish with the remaining parsley and serve any remaining lemon wedges on the side. Stunning, Chef!

Nutritional Information

Per 100g

Energy	427kJ
Energy	102kcal
Protein	4.1g
Carbs	17g
of which sugars	3.8g
Fibre	2.4g
Fat	2g
of which saturated	0.6g
Sodium	166mg

Allergens

Allium, Sulphites, Alcohol

Eat
Within
4 Days