



# UCOOK

## Chorizo & Mussel Paella

with pickled pepper & fresh parsley

This dish is a fun & easy twist on traditional paella. It features chorizo and mussels, which are served with a delicious sauce of tomatoes, Spanish aromatics and golden wine. Pickled peppers & peas are added for a pop of acidity & brightness. A true crowd pleaser and perfect for sharing with friends and family.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

🍷 Adventurous Foodie

---

🍷 Stellenzicht | Thunderstone Rosé

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
10ml	NOMU Spanish Rub
15ml	Tomato Paste
32,5ml	Golden Wine <i>(2,5ml Ground Turmeric &amp; 30ml White Wine)</i>
100ml	Risotto Rice
30g	Pickled Bell Peppers
30g	Sliced Chorizo <i>roughly chopped</i>
200g	Tomato Passata
1	Lemon
4g	Fresh Parsley
200g	Mussels
50g	Peas

## From Your Kitchen

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

**1. SO SOFRITO!** Boil a full kettle. Place a pan, big enough for the paella, over medium heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft and browned, shifting occasionally. Add the rub and the tomato paste. Fry for 1-2 minutes until fragrant, shifting occasionally. Pour in the golden wine and cook for 1-2 minutes or until almost evaporated.

**2. FLAVOURFUL RICE** When almost all the wine has evaporated, stir through the rice, ½ the chopped pickled peppers, and the chopped chorizo. Fry for 1-2 minutes, shifting frequently. Add the tomato passata and mix until combined. Slowly pour in 350ml of boiling water. Bring to a boil, reduce the heat to low, and simmer for 15-20 minutes until the rice is al dente and all the liquid has been absorbed. If the rice is still undercooked, add an extra splash of water and simmer until al dente.

**3. PREP STEP** While the paella is simmering, zest and cut the lemon into wedges. Rinse, pick and roughly chop the parsley.

**4. KEEP IT ZESTY** Once the paella is cooked, top with the mussels, the peas, and ½ the chopped parsley. Season with a squeeze of lemon juice, the lemon zest (to taste), a sweetener of choice (to taste), salt, and pepper. Cover with tinfoil and let the paella steam, off the heat, for 5-8 minutes.

**5. INDULGE YOUR SENSES** Dish up the paella. Scatter over the remaining pickled peppers. Garnish with the remaining parsley and serve with any remaining lemon wedges. Stunning, Chef!

## Nutritional Information

Per 100g

Energy	442kj
Energy	106kcal
Protein	6.2g
Carbs	15g
of which sugars	3.4g
Fibre	1.8g
Fat	1.8g
of which saturated	0.5g
Sodium	285mg

## Allergens

Allium, Sulphites, Alcohol,  
Shellfish/Seafood

Cook  
within 1  
Day