

UCOOK

Black Rice Chorizo Paella

with walnuts & fresh parsley

Dark, delectable, and delicious, this dish will give you goosebumps - it's that good, Chef! Spanish-infused black rice dotted with silky onion is cooked in white wine & tomato passata. Topped with salty chorizo, a zesty bell pepper salsa, and garnished with fresh parsley.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jemimah Smith

Adventurous Foodie

Groote Post Winery | Groote Post Riesling

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



Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
15ml	Spanish Spice Mix <i>(10ml NOMU Spanish Rub & 5ml Ground Paprika)</i>
30ml	White Wine
100ml	Black Rice
100ml	Tomato Passata
10g	Walnuts
1	Bell Pepper <i>rinse, deseed & dice</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
50g	Sliced Pork Chorizo <i>roughly chop</i>

From Your Kitchen

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

1. SPANISH FLAVOURS 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, 4-5 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. LOOK AT THAT 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 200ml 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, 30-35 minutes. If the rice is still undercooked, add an extra splash of water and simmer until al dente.

3. CHOP-CHOP Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ZESTY SALSA In a bowl, toss together the diced pepper, ½ the chopped parsley, a squeeze of lemon juice, a pinch of lemon zest, a drizzle of olive oil, and seasoning.

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

6. PHOTO-READY PLATE Dish up the paella. Scatter over the pepper salsa, the remaining chorizo, and the toasted walnuts. Garnish with the remaining parsley and serve any remaining lemon wedges on the side. Stunning, Chef!

Nutritional Information

Per 100g

Energy	381kJ
Energy	91kcal
Protein	3.5g
Carbs	14g
of which sugars	2.7g
Fibre	2.8g
Fat	2.5g
of which saturated	0.6g
Sodium	136mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Eat
Within
4 Days