



Portuguese-Style Chorizo & Capsicum Rice

with Feta & Parsley

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Capsicum



Celery



Mild Chorizo



Arborio Rice



Tomato Paste



Chilli Flakes (Optional)



Aussie Spice Blend



Lemon



Cow's Milk Feta



Parsley



Mild Chorizo

Prep in: 15-25 mins
Ready in: 45-55 mins

Oops, we've done it again – put a clever twist on a weekday dinner to bring you something new and exciting, with flavours we know you love! Our latest creation is a warm bowl of mildly spiced chorizo, capsicum, rice and creamy feta to cool off those tastebuds.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
celery	1 stalk	2 stalks
mild chorizo	1 packet	2 packets
arborio rice	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
chilli flakes (optional) 🌶️	pinch	pinch
Aussie spice blend	1 medium sachet	1 large sachet
boiling water*	2¼ cups	4½ cups
lemon	½	1
butter*	20g	40g
cow's milk feta (95g)	½ packet (95g)	1 packet (190g)
parsley	½ packet	1 packet
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4003kJ (957Cal)	1025kJ (245Cal)
Protein (g)	39.8g	10.2g
Fat, total (g)	53.4g	13.7g
- saturated (g)	28.5g	7.3g
Carbohydrate (g)	80.1g	20.5g
- sugars (g)	7.4g	1.9g
Sodium (mg)	2678mg	686mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5283kJ (1263Cal)	1077kJ (257Cal)
Protein (g)	57.9g	11.8g
Fat, total (g)	78.7g	16g
- saturated (g)	38.2g	7.8g
Carbohydrate (g)	82.1g	16.7g
- sugars (g)	8.4g	1.7g
Sodium (mg)	3568mg	728mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **capsicum** into bite-sized chunks. Finely chop **celery** and **mild chorizo**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chorizo**, **capsicum** and **celery**, stirring, until tender and starting to brown, **3-4 minutes**.

3



Finish the risotto

- Slice **lemon** into wedges.
- When risotto is done, stir through the **butter** and a squeeze of **lemon juice**. Season with **pepper**.

TIP: If the risotto looks dry, stir through a splash of water.

2



Bake the risotto

- Add **arborio rice**, **tomato paste**, **chilli flakes** (if using) and **Aussie spice blend** to the pan with **chorizo** and cook, stirring, until fragrant, **1-2 minutes**.
- Remove from heat, then add the **boiling water** (2¼ cups for 2 people / 4½ cups for 4 people) and stir to combine. Transfer **risotto** mixture to a baking dish.
- Cover tightly with foil, then bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

Custom Recipe: If you've doubled your mild chorizo, use a large baking dish for best results.

4



Serve up

- Divide Portuguese-style chorizo and capsicum rice between bowls.
- Crumble over **cow's milk feta** (see ingredients).
- Tear over **parsley** (see ingredients) and serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate