



Chilli Prawn & Chorizo Jambalaya Rice

with Sour Cream & Parsley

FAST & FANCY

NEW

Grab your Meal Kit with this symbol



Capsicum



Tomato



Sweetcorn



Mild Chorizo



Microwavable Basmati Rice



South American Seasoning



Peeled Prawns



Chilli Flakes (Optional)



Sour Cream



Parsley

Prep in: 20-30 mins
Ready in: 20-30 mins

Satisfy your cravings for bold, vibrant flavours with this Louisiana staple! Succulent prawns and chorizo mingle with aromatic rice and veggies to create a hearty dish full of savoury flavours. A dollop of sour cream on top is the perfect cooling accompaniment.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
tomato	1	2
sweetcorn	1 medium tin	1 large tin
mild chorizo	½ packet	1 packet
microwavable basmati rice	1 packet	2 packets
South American seasoning	1 sachet	2 sachets
butter*	20g	40g
peeled prawns	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
sour cream	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	617kJ (147Cal)
Protein (g)	40.8g	8g
Fat, total (g)	39g	7.6g
- saturated (g)	17.7g	3.5g
Carbohydrate (g)	52.7g	10.3g
- sugars (g)	10.8g	2.1g
Sodium (mg)	2185mg	428mg

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.



Get prepped

- Cut **capsicum** into bite-sized chunks. Finely chop **tomato**. Drain **sweetcorn**.
- Cut **mild chorizo (see ingredients)** into 1cm chunks.
- Microwave **rice** until steaming, **2-3 minutes**.



Cook the prawns

- Wipe out frying pan and return to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **peeled prawns** and **corn**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat, add a pinch of **chilli flakes** (if using) and toss to combine.



Cook the chorizo & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chorizo**, **capsicum** and **tomato**, tossing, until browned, **4-5 minutes**.
- Reduce heat to medium, then add **South American seasoning**, and cook until fragrant, **1-2 minutes**.
- Add the **microwaved rice** and cook, stirring, until well combined, **2-3 minutes**. Season to taste. Transfer **chorizo rice** directly to serving bowls and cover to keep warm.



Serve up

- Divide chorizo jambalaya rice between bowls.
- Top with chilli prawns. Dollop over **sour cream** and tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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