



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!





## Spice it up!

*If you have some saffron in the pantry you can add it to the chorizo as it cooks. Finish the paella with a drizzle of garlic aioli.*

### 3 Spanish Chorizo Paella

A delicious Spanish one pot rice dish with pork chorizo, bursts of sweet corn and a squeeze of lemon to finish.

 30 minutes

 4 servings

 Pork

28 September 2020

Per serve: **PROTEIN** 22g **TOTAL FAT** 20g **CARBOHYDRATES** 73g

## FROM YOUR BOX

BROWN RICE	300g
CORN COBS	2
GREEN BEANS	1/2 bag (125g) *
RED CAPSICUM	1
TOMATOES	2
PARSLEY	1/2 bunch *
BROWN ONION	1
CHORIZO	200g
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, garlic (1 clove), ground turmeric

## KEY UTENSILS

large frypan, saucepan

## NOTES

The parsley can be a little sandy, rinse before using if needed.

**No pork option - chorizo is replaced with smoked chicken breast.** Slice and stir through paella at the end.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGGIES

Remove corn from cob. Trim and halve beans. Slice capsicum and chop tomatoes. Roughly chop parsley (see notes). Keep separate.



### 3. COOK THE CHORIZO

Slice onion and chorizo. Add to a frypan over medium-high heat with oil. Stir in **1 tbsp smoked paprika** and **2 tsp turmeric** (add more oil if needed). Cook for 5 minutes until softened.



### 4. ADD VEGGIES

Add corn, beans, capsicum and tomatoes to pan. Crush in **1 garlic clove** and cook for 5 minutes until softened.



### 5. STIR IN RICE

Add cooked rice and stir through until well coated. Season with **salt and pepper** to taste.



### 6. FINISH AND PLATE

Divide rice among bowls. Garnish with chopped parsley and serve with lemon wedges.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

