

YELLOW RICE WITH CHORIZO

2 persons / 553 kcal per person

Ingredients:

- 100 grams of chorizo sausage
- 1 onion
- 130 grams of yellow rice
- 300 ml tap water
- ½ chicken stock tablet
- 1 tomato
- 150 grams of frozen garden peas
- sprigs of fresh parsley
- pepper and salt



Preparation:

Remove the skin from the chorizo and cut the sausage into cubes. Chop the onions. Heat a skillet and fry the sausage with the onion for 5 minutes. Spoon in the rice and cook for 1 minute. Add the water, crumble the stock tablet over it and bring to a boil. Turn the heat to low and cook the rice with the lid on the pan for 8 minutes. Meanwhile, cut the tomato into quarters and remove the seeds. Cut the flesh into cubes. Spoon the tomato and peas through the rice and cook for another 5 minutes, without the lid. The rice must have absorbed all the stock. Season further if necessary with salt and pepper. Turn off the heat and leave the rice covered for a few minutes.

Nutritional value per portion:

Energy:	553 kcal
Protein:	21.9 grams
Carbohydrates:	60.5 grams
- including sugars:	6.1 grams
Fat:	22.5 grams
Fiber:	9.8 grams
Salt:	2.5 grams