

Chorizo and spinach paella recipe



Serves 4

15 mins to prepare and 30 mins to cook

554 calories / serving

Dairy-free

Ingredients

900ml (1 1/2pt) chicken stock

pinch saffron

3 tbsp extra-virgin olive oil

200g (7oz) cooking chorizo, sliced

1 large onion, finely chopped

3 crushed garlic cloves

227g tin chopped tomatoes

1 tsp paprika

250g (8oz) Spanish paella rice

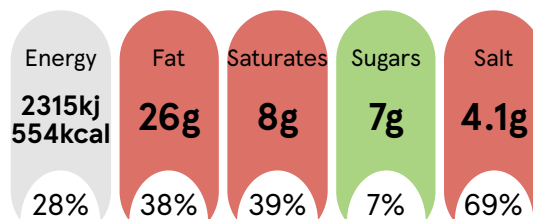
1 x 285g jar roasted peppers, drained and rinsed

125g (4oz) baby spinach leaves

1 lemon, cut into wedges

IF YOU DON'T HAVE CHOPPED TOMATOES, CHOP UP A TIN OF PLUM TOMATOES INSTEAD

Each serving contains



of the reference intake

Carbohydrate **60.7g** Protein **19.3g** Fibre **4g**

Method

1. Bring chicken stock to the boil. Add a pinch of saffron. Set aside.
2. Heat 3 tbsp extra-virgin olive oil in a wide frying pan over a medium- high heat. Slice and add the cooking chorizo, until it starts to release its juices. Finely chop the onions and fry for 5 minutes, or until soft and golden.
3. Add the crushed garlic cloves, tinned chopped tomatoes and paprika to the onion and fry for another 2 minutes. Stir in the paella rice; season well.
4. Pour over the stock and bring to the boil. Reduce to a simmer and leave the rice to cook uncovered, without stirring, for 10 minutes.

5. Take the roasted peppers, drain and rinse them, and scatter over. Gently shake the pan; cook for 10 minutes.
6. Put the baby spinach leaves into a colander and pour over freshly boiled water from a kettle to wilt, then add to the rice. Cover with foil and let rest for 5 minutes. Serve with a squeeze of lemon and lemon wedges.

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