

Spanish rice with chorizo



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Preparation: about 20 minutes

Cooking: about 30 minutes

Serves: 4

- 2 tbs olive oil
- 200g Spanish chorizo sausages, diced
- 1 large red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 medium zucchini, cut into 1/2cm thick slices
- 1 red capsicum, halved lengthways, deseeded and cut into thin strips
- ½ cup dry white wine
- 2 cups Arborio rice
- 3 cups chicken stock
- 250g mini roma tomatoes, roughly chopped
- 1 teaspoon smoky paprika (optional)
- 100g black or Kalamata olives
- Salt and ground black pepper
- 1/3 cup flat-leaf parsley leaves, roughly chopped
- Lemon wedges, to serve



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.

1. Heat 1 tbs oil in a large deep non-stick frying pan over medium-high heat. Add chorizo and cook, stirring often, for 2 minutes. Add onion, garlic, zucchini and capsicum. Cook, stirring often, for 3 minutes or until onion is tender.
2. Stir in wine and simmer for 1 minute. Add rice and stir for 1 minute. Add stock, tomatoes and paprika. Bring to the boil. Reduce heat to low, cover and cook, stirring once, for 15 minutes until rice is almost cooked. Toss through olives and cook, uncovered, for 2–3 minutes until rice is tender and stock is almost evaporated. Season with salt and pepper to taste. Sprinkle with parsley and serve with lemon wedges.

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