

Spanish rice with rocket & cherry tomatoes



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Preparation: about 20 minutes
Cooking: about 30 minutes
Serves: 4

2 tbs olive oil
2 chorizo sausages, diced
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 tsp smoked paprika
1 red capsicum, halved lengthways, deseeded and sliced
2 cups short grain (Arborio) rice
½ cup dry white wine
2 cups chicken stock
400g can whole peeled tomatoes, chopped
250g cherry tomatoes, halved
Salt and ground black pepper
75g small black olives
50g rocket leaves, trimmed

1. Heat oil in a large deep non-stick frying pan over medium heat. Add chorizo, onion and garlic and cook, stirring often, for 3–4 minutes until onion is tender. Stir in paprika and capsicum and cook for 1 minute. Add rice and cook for 2–3 minutes until rice begins to turn white.
2. Stir in wine and cook for 1 minute. Stir in stock and the canned tomatoes. Bring to the boil, reduce heat and simmer, uncovered and stirring occasionally, for 15–20 minutes until rice is tender. Stir in cherry tomatoes in last few minutes of cooking. Season with salt and pepper to taste. Toss through olives, sprinkle with rocket leaves and serve.



Cherry tomatoes

- Tomatoes, including cherry tomatoes, are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.
- An excellent source of vitamin C, which the body uses to defend itself against infection.
- Provide potassium which is used by the body to balance adverse effects of the sodium in salt.