



Baked rabbit & chorizo rice



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rabbit
- ☐ 125 ml white wine
- ☐ 1 tbsp olive oil for frying
- ☐ 1 bunch thyme leaves
- ☐ 200 g cooking chorizo
- ☐ 1 onion chopped
- ☐ 3 garlic cloves sliced
- ☐ 0.5 tsp paprika smoked

- ☐ 1 tbsp tomato purée
- ☐ 200 g paella rice
- ☐ 850 ml chicken stock see fresh
- ☐ 1 pinch saffron threads boiling
- ☐ 200 g pea frozen
- ☐ 1 bunch parsley chopped

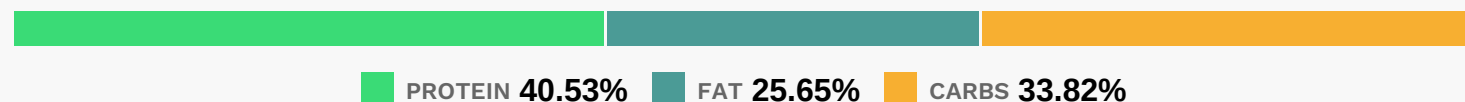
Equipment

- ☐ oven

Directions

- ☐ Cut the rabbit into about 20 small pieces (leave the bone in ask your butcher to do this). Marinate in the wine, olive oil and thyme for 1 hr, or overnight if you can.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Drain the rabbit from the marinade, reserving the liquid.
- ☐ Heat some oil in a shallow, flameproof casserole and sizzle the chorizo until crisp.
- ☐ Remove the chorizo and drain off the excess oil from the dish. Brown the rabbit pieces in 2 batches and set aside.
- ☐ Add the onion and garlic, cook until soft, then stir in the paprika and tomato pure. Stir in the rice, then pour over the reserved marinade, the stock and saffron.
- ☐ Nestle the rabbit into the rice with the chorizo, cover, bring to the boil, then bake for 40-50 mins, or until the rice and rabbit are tender and all the liquid has been absorbed. Stir through the frozen peas to defrost, then serve scattered with parsley.

Nutrition Facts



Properties

Glycemic Index:60.7, Glycemic Load:18.72, Inflammation Score:-9, Nutrition Score:23.821739207143%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 533.93kcal (26.7%), Fat: 14.33g (22.05%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 39.04g (14.2%), Sugar: 4.63g (5.15%), Cholesterol: 160.14mg (53.38%), Sodium: 300.48mg (13.06%), Alcohol: 2.18g (100%), Alcohol %: 0.59% (100%), Protein: 50.95g (101.9%), Vitamin K: 157.38µg (149.88%), Vitamin B3: 14.05mg (70.25%), Phosphorus: 525.05mg (52.5%), Iron: 8.29mg (46.08%), Selenium: 25.06µg (35.8%), Manganese: 0.63mg (31.53%), Potassium: 1032.03mg (29.49%), Folate: 98.05µg (24.51%), Magnesium: 91.15mg (22.79%), Vitamin A: 1056.55IU (21.13%), Vitamin C: 16.24mg (19.68%), Vitamin B2: 0.28mg (16.66%), Vitamin B1: 0.21mg (14.21%), Copper: 0.28mg (13.97%), Fiber: 3.46g (13.84%), Vitamin B6: 0.24mg (12.24%), Zinc: 1.2mg (7.99%), Calcium: 67.16mg (6.72%), Vitamin B5: 0.57mg (5.73%), Vitamin E: 0.42mg (2.78%)