



Lemony prawn & chorizo rice pot



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion sliced
- ☐ 2 small pasilla peppers red deseeded sliced
- ☐ 50 g chorizo thinly sliced
- ☐ 2 garlic cloves crushed
- ☐ 1 chilli red hot deseeded (if you don't like it too)
- ☐ 0.5 tsp turmeric
- ☐ 250 g rice long grain

- ☐ 200 g prawn raw frozen peeled
- ☐ 100 g pea frozen
- ☐ 1 lemon zest

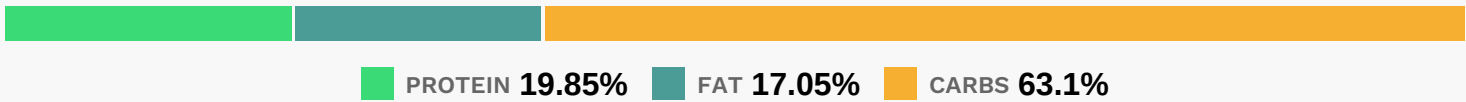
Equipment

- ☐ frying pan

Directions

- ☐ Boil the kettle.
- ☐ Heat the oil in a shallow pan with a lid, add the onion, peppers, chorizo, garlic and chilli, then fry over a high heat for 3 mins.
- ☐ Add the turmeric and rice, stirring to ensure the rice is coated.
- ☐ Pour in 500ml boiling water, cover, then cook for 12 mins.
- ☐ Uncover, then stir the rice should be almost tender. Stir in the prawns and peas, with a splash more water if the rice is looking dry, then cook for 1 min more until the prawns are just pink and the rice tender. Stir in the lemon zest and juice with seasoning and serve with extra lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:67.3, Glycemic Load:33.09, Inflammation Score:-10, Nutrition Score:16.45739122059%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 395.31kcal (19.77%), Fat: 7.43g (11.43%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 57.77g (21.01%), Sugar: 4.3g (4.78%), Cholesterol: 88.31mg (29.44%), Sodium: 67.86mg (2.95%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.93%), Vitamin C: 68.14mg (82.59%), Manganese: 0.96mg (47.99%), Vitamin A: 1315.4IU (26.31%), Phosphorus: 243.52mg (24.35%), Copper: 0.44mg (21.95%), Folate: 82.18µg (20.54%), Vitamin B6: 0.35mg (17.56%), Fiber: 4.1g (16.4%), Selenium: 10.53µg (15.04%), Magnesium: 57.28mg (14.32%), Potassium: 443.21mg (12.66%), Zinc: 1.88mg (12.5%), Iron: 2.13mg (11.85%), Vitamin B1: 0.14mg (9.29%), Vitamin B5: 0.92mg (9.24%), Vitamin E: 1.32mg (8.83%), Vitamin B3: 1.69mg (8.44%), Calcium: 71.25mg (7.13%), Vitamin K: 6.15µg (5.86%), Vitamin B2: 0.1mg (5.67%)