



Rice Pilaf with Chorizo Casserole

READY IN



75 min.

SERVINGS



4

CALORIES



1324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups chicken stock-in-a-box
- ☐ 1.3 pounds style chorizo spanish (recommended: Gaspar's or Trois Petit Cochons)
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 large onion spanish chopped
- ☐ 1 cup peas frozen
- ☐ 0.3 cup piquillo peppers diced drained chopped
- ☐ 1 pinch saffron threads generous

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup sherry or dry white dry
- ☐ 2 cup broken spaghetti thin ()
- ☐ 1 cup water
- ☐ 1 cup rice long-grain white

Equipment

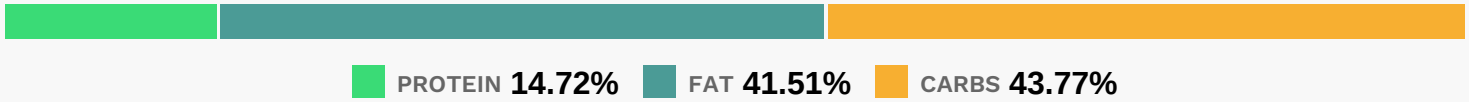
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the saffron in small pot with 1 1/2 cups stock and about 1 cup water. Bring to boil over medium heat, then reduce the heat to low and let steep for a few minutes while you prepare the chorizo and onions.
- ☐ Heat a skillet with a tight fitting lid over medium-high heat.
- ☐ Remove the casings from the chorizo and slice about 1 to 1 1/2 inches thick, on an angle.
- ☐ Add a drizzle of extra-virgin olive oil to the hot skillet and add the chorizo. Brown evenly on both sides, 4 to 5 minutes total.
- ☐ Remove the chorizo to a plate and add another drizzle of oil to the skillet along with the onions. Season with salt and pepper, to taste, and cook until softened, about 5 minutes.
- ☐ Add the pimientos and peas and stir to heat through. Deglaze the pan with sherry or wine and stir 1 to 2 minutes.
- ☐ Remove them from the pan to the plate with the chorizo.
- ☐ Return the pan to medium heat and melt 2 tablespoons of the butter.
- ☐ Add the pasta and stir until deeply golden brown, about 3 to 4 minutes. Stir in the rice and stock and bring to a boil. Reduce the heat to low, cover the pan and cook for 18 minutes. Fluff the rice with a fork.
- ☐ Grease a casserole with the remaining 1 tablespoon of softened butter. Fill the casserole with cooked rice and top with an arrangement of the chorizo and onion mixture. Cool and chill as a

make-ahead meal. Reheat by dousing the casserole with 1/2 cup chicken stock then putting it in preheated 375 degree F oven, loosely covered, for 20 minutes. Uncover and bake for about until heated through and barely crispy at edges, about 10 minutes. Top with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:60.11, Inflammation Score:-9, Nutrition Score:30.83217406532%

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: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 1324.21kcal (66.21%), Fat: 59.19g (91.07%), Saturated Fat: 20.84g (130.23%), Carbohydrates: 140.45g (46.82%), Net Carbohydrates: 133.08g (48.39%), Sugar: 9.39g (10.43%), Cholesterol: 114.77mg (38.26%), Sodium: 302.39mg (13.15%), Alcohol: 2.06g (100%), Alcohol %: 0.42% (100%), Protein: 47.24g (94.48%), Vitamin K: 141.95µg (135.19%), Selenium: 85.36µg (121.95%), Manganese: 1.84mg (91.83%), Vitamin C: 36.37mg (44.09%), Phosphorus: 369.85mg (36.98%), Vitamin A: 1830.58IU (36.61%), Iron: 6.38mg (35.47%), Copper: 0.61mg (30.48%), Fiber: 7.36g (29.45%), Vitamin B3: 5.57mg (27.87%), Magnesium: 101.53mg (25.38%), Vitamin B6: 0.44mg (22.04%), Vitamin B1: 0.3mg (20.17%), Zinc: 2.97mg (19.83%), Potassium: 646.14mg (18.46%), Folate: 73.62µg (18.41%), Vitamin E: 2.59mg (17.26%), Vitamin B2: 0.27mg (15.75%), Vitamin B5: 1.11mg (11.15%), Calcium: 76.12mg (7.61%)