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FEED YOUR
FAMILY
FOR £5

CHORIZO PAELLA



GOOD
FOR YOU &
GOOD
FOR THE
PLANET



INGREDIENTS

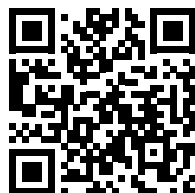
Main Ingredients	Cost £	Veggie Switch	Cost £
300g Paella Rice	1.35		1.35
200g Diced Frozen Chorizo	1.88	200g soy bean edamame	0.96
1 x Green Pepper	0.55		0.55
1 x 400g tin Butter Beans (alternatively cannellini or borlotti beans)	0.65		0.65
1 x Brown onion	0.12		0.12
3 cloves garlic	0.14		0.14
30g Tomato Puree Growers Harvest	0.08		0.08
1 tsp (2g) Smoked Paprika	0.04	2 tsp (4g) Smoked Paprika	0.08
1 tsp (2g) Turmeric	0.04		0.04
1 x Vegetable stock cube	0.09		0.09
TOTAL COST	4.94		4.06

Prices correct at time of printing and may vary.
All items available from leading supermarkets.

Please observe the allergen information
on the product packaging.

Based on a family of four.

View our
video online



1.

Dice the onion and pepper, finely chop the garlic and drain the butter beans



2.

Make up the stock cube with 900ml of boiling water

3.

In a frying pan or paella pan gently fry the onion, chorizo & pepper together until the onion softens

4.

Add the garlic & tomato puree and gently fry for 1 to 2 mins

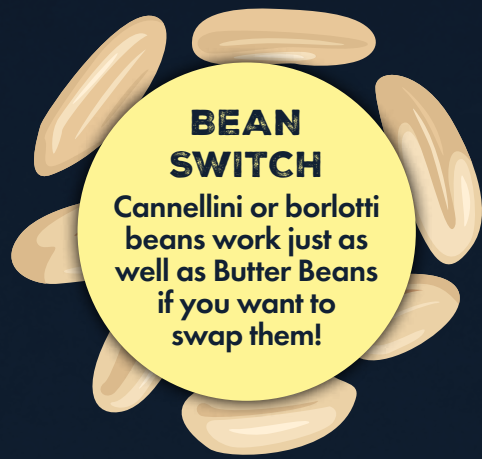


VEGGIE SWITCH

For a great veggie version, add an extra 2 grams of Smoked Paprika, leave out the Chorizo and add Soy Beans at the same time as the butter beans

5.

Add the rice, turmeric and paprika and gently fry for another minute



6.

On a low heat gradually add the stock 1/3rd at a time until rice is softening -

DO NOT STIR ANY MORE

7.

When all the stock has been added, top with the beans, cover with foil or a lid and leave on a low heat for 3-5 mins

8.

Tuck in and Enjoy!

