



Chicken with chorizo rice

SERVES 4-6 PREP 10 mins plus 1 hr marinating
COOK 40 mins EASY

'The flavours here are so comforting. While it is a hearty meal, the lemon gives it a lovely lightness. You can use any mix of vegetables you have in the fridge, too.'

Melissa Thompson

8 skinless and boneless chicken thighs (or 4 skinless breasts)
1 tsp smoked paprika
8 garlic cloves, finely chopped
1 lemon, zested and juiced
100g cooking chorizo, roughly chopped
2 tsp olive oil
1 onion, finely chopped

1 Put the chicken pieces on a chopping board and cover with baking parchment. Bash with a rolling pin until they are about 2cm thick. Put in a bowl and mix with the paprika, half the garlic, 1 tsp of the lemon juice, half of the zest and a pinch of black pepper. Leave for 1 hr, covered, in the fridge.

2 Heat a large pan over a medium heat and fry the chorizo in 1 tsp of the oil for 3 mins, then transfer to a plate. Tip the onion into the pan and cook in the chorizo oil for about 8-10 mins, stirring continuously, until softened and translucent.

3 Add the red pepper and the remaining garlic, and cook for a further 2 mins. Tip in the rice, stirring so each grain is covered with oil, cook for 1 min, then add the white wine, stirring occasionally until most of

1 red pepper, finely chopped
250g arborio risotto rice
100ml white wine
800ml hot chicken stock
200g green beans, halved
50g butter
80g parmesan

the liquid has evaporated. Add a ladleful of stock, stirring frequently, adding more as it absorbs. Add the green beans after 10 mins.

4 Meanwhile, drizzle 1 tsp olive oil in a frying pan over a medium heat and cook the chicken for 8 mins on one side. Flip and cook for a further 5 mins until cooked through. Set aside to rest.

5 Once most of the stock is absorbed, check the rice is cooked – it should still have some bite but not be chalky. Add the chorizo and a little more stock or hot water if needed. Stir in the butter, cheese, the remaining lemon zest and most of the juice. Spoon into bowls. Slice the chicken and place on top. Squeeze over the remaining lemon juice and serve.

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PER SERVING (6) 568 kcals • fat 27g • saturates 12g • carbs 41g • sugars 5g • fibre 4g • protein 35g • salt 2.2g



MELISSA THOMPSON
Food writer and Good Food columnist Melissa runs food and recipe project Fowl Mouths. She's a vocal advocate for the promotion of black and minority ethnic people in food, and provides advice on all aspects of the industry.
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Samuel Groves
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