Mellors

JUNE RECIPE

ARROZ CON POLLO

This recipe makes 12 portions

METHOD

1. Chop all vegetables and measure rice.

2. Heat oil in a large pan, add chicken pieces, and cook until sealed and lightly browned.

3. Stir in onions, garlic, peppers, and carrots. Cook for 3–4 minutes until softened.

4. Mix in tomato purée and paprika, stir in rice, then pour in stock. Bring to the boil, then reduce heat and cover. Cook gently for 20 minutes until rice is tender and liquid absorbed.

5. Stir in peas and coriander. Season with salt and pepper.

6. Serve immediately.

QUANTITY	INGREDIENT
1 KG	CHICKEN THIGH (DICED)
400G	LONG GRAIN RICE
15ML	VEGETABLE OIL
500G	ONIONS (DICED)
2 CLOVES	GARLIC (CRUSHED)
2	RED PEPPERS (DICED)
2	GREEN PEPPERS (DICED)
125G	CARROTS (DICED)
800ML	CHICKEN STOCK
100G	FROZEN PEAS (DEFROSTED)
30G	TOMATO PUREE
10G	PAPRIKA
50G	CORIANDER (CHOPPED
TO TASTE	SALT & PEPPER