One-Pot Chorizo, Pepper and Rice

2 rice-pan portions · Active 15 min · Total 55 min

Skills: Easy

Ingredients

- 4 oz fully cooked ready-to-eat chorizo, cut into small pieces (115 g)
- 1 teaspoon olive oil (5 ml)
- 1 small onion, diced (100 g)
- 1 red bell pepper, diced (150 g)
- 1 garlic clove, minced
- 3/4 cup long-grain white rice (140 g)
- 1/2 cup canned chopped tomatoes with juice (120 g)
- 1 1/4 cups low-sodium chicken stock (300 ml)
- 1/2 cup frozen peas (75 g)
- 1 teaspoon lemon juice (5 ml)
- 2 tablespoons chopped parsley
- 2 tablespoons drinking-quality water (30 ml), held as a measured adjustment reserve only if needed

Set out

2-quart saucepan with close-fitting lid, Wooden spoon, Fork

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Ingredient labels

Check chorizo and stock ingredients for additional declared allergens.

Make it

1. Heat oil in the saucepan over medium heat. Add chorizo, onion and bell pepper and cook for 6–7 minutes, stirring, until the onion softens.

2. Add garlic and rice and stir for 1 minute. Stir in tomatoes and stock, scraping the bottom of the pan.

3. Bring to a clear simmer, cover and reduce the heat to low. Cook without stirring for 15 minutes.

4. Scatter peas over the top, cover and cook gently for another 3–5 minutes, or longer when needed to complete the pea packet's full cooking instructions, until the rice is tender and liquid absorbed. If the rice is becoming dry before tender, add the measured 2 tablespoons reserve water, return to a gentle simmer, cover and continue until both the rice and peas are fully cooked. Do not regard thawed peas as ready to eat.

5. Remove from heat and rest covered for 5 minutes. Fluff with a fork, add lemon juice and parsley and serve.

One pan, measured water

Measure the stock before starting rather than topping up by eye. A marked cup is especially useful when the galley sink is small and you want to avoid draining excess liquid from a hot pot.

Timing

Allows for softening the chorizo and vegetables, heating the liquid, cooking the rice and peas, and the five-minute covered rest. Follow the full pea packet cooking time even if it extends the final stage.

A useful detail

A small saucepan concentrates heat at the base. If the rice catches, lower the burner next time and use a heavier pan that is suitable for the appliance.

Keep it well

For freshly cooked rice, divide promptly into shallow portions and cool and refrigerate as quickly as possible, ideally within 1 hour of the original cooking. Keep at 40°F/4°C or below and eat within 24 hours of that original cooking. Reheat only once to 165°F/74°C throughout, adding a little fresh water if needed. Eat immediately and discard reheated remains. Do not leave cooked rice in a warm pot, an uncooled vehicle or on a counter overnight; discard food left beyond 2 hours at room temperature, or 1 hour above 90°F/32°C.