

Baked Paella-Style Rice with Eggs



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Dinner Recipes, Lunch Recipes, Entertaining



Ingredients

- 2 tbsp olive oil
- 400g skinless chicken thigh fillets, cut into 3cm pieces
- 1 chorizo sausage, thinly sliced
- 1 brown onion, finely chopped
- 1 red capsicum, finely chopped
- 1 ¼ cups (250g) arborio rice

- 3 garlic cloves, crushed
- 2 tsp mild paprika
- 1 tsp dried oregano
- 1 ½ cups (375ml) tomato passata
- 3 cups (750ml) chicken stock
- 4 eggs
- ⅓ cup (40g) frozen peas
- ¼ cup flat-leaf parsley
- Lemon wedges and crusty bread, to serve

Method

1. Preheat oven to 220°C/200°C (fan-forced). Heat half the oil in a large deep ovenproof frying pan over high heat. Cook chicken and chorizo, turning, for 3-4 minutes or until browned. Remove from pan.
2. Heat remaining oil in same pan over medium-high heat. Add onion and capsicum. Cook, stirring, for 3-4 minutes or until onion is softened. Add rice, garlic, paprika and oregano and cook, stirring, for 1 minute or until fragrant.
3. Add tomato passata and stock. Bring to the boil. Remove from heat. Stir chicken and chorizo into rice. Cover with lid. Transfer to oven. Bake for 15 minutes.
4. Remove dish from oven. Crack eggs over rice mixture. Cover with lid. Return to oven for 8-10 minutes or until rice is tender and eggs whites are set.
5. Meanwhile, place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until tender. Drain. Scatter peas and parsley over rice. Serve with lemon wedges and crusty bread.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
633g	2790kJ 667kcal	42g	28.7g	7.5g	56.9g	9g	1430mg	5.1g

All nutrition values are per serve.