

PORK AND ARTICHOKE RICE

05

RECIPES EN-ROUTE



INGREDIENTS



SERVES 2

200g 'bomba' rice
125g pork chops
100g lean pork
Tablespoonful of water
Tablespoonful of salt and black pepper
1/4 red pepper
2 artichokes
2 lemons
1 garlic clove
A little bit of parsley
1/2 "ñora" (spicy red pepper)
4 strands of saffron
A drizzle of olive oil
1/4 tomato
1 teaspoon of "Pimentón de La Vera"
(smoked paprika or normal paprika)
1 tablespoon of food colouring
1 sprig of fresh rosemary

STEPS TO FOLLOW

- 1 For the 'sofrito' (stir-fry) mix:**
Place a paella pan, frying pan or normal pan (it does not matter which one) on the heat and add a drizzle of olive oil. Once hot, fry the spicy red pepper and garlic, taking care not to burn the pepper. If it burns, it will taste bitter and it will be pointless using it. Once fried, place the mixture in a pestle and mortar or a utensil you can use to mash or crush it, together with the tomato, parsley, saffron and paprika. Mash it together and keep to one side. Slice the red pepper into strips. Peel the artichokes and slice them in half, then place them into some water with lemon so they do not oxidise. Then, in the same pan and the same oil, fry the meat that you have previously seasoned with salt and pepper. Once browned, set it aside. Then, fry the red pepper and the artichokes.
- 2 Adding the meat:**
Once the stir fry mix is ready, add the meat and the reserved mashed mix, plus the sprig of rosemary. Lightly fry for 2 minutes and then add water until the meat is completely covered but no more.
- 3 Adding the rice:**
When the meat is tender and you have approximately half a litre of stock in the pan (if there is too much liquid, remove some and keep it for another time, and if there is too much, you can add a little more water), add the rice and food colouring. Leave it to cook for 16 minutes on a high heat. After 16 minutes, turn off the heat, place a well-fitting lid on it and leave it for 4 minutes. Then, serve on plates with a good wedge of lemon on the side.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

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ENROUTE

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