



Roasted quail and Chorizo over red rice

Serves 4

Poultry and rice when cooked together are always a winning combination and this one is no exception. Red rice is a variety of short grain rice with a wonderful chewy texture and nutty flavour.

- 8 spatchcock quails (or chicken)
- 2 garlic cloves, crushed
- Juice of 2 limes
- 2 tb honey
- ½ tsp red chilli flakes
- 1tsp ground cardamom
- 1tsp ground cumin
- 1tsp ground cinnamon
- Salt, freshly cracked black pepper
- 200g Spanish chorizo, cut into thick slices



- 1 large onion, finely chopped
- 2 med red peppers, deseeded, cut into thick strips
- 1tsp smoked paprika
- 2 bay leaves
- 200g canned chopped tomatoes in juice
- 275g Red Rice
- 800ml Chicken stock
- 30g unsalted butter
- 50g fresh pomegranate seeds
- 2 tb freshly chopped coriander

Method

1. In a large bowl mix all the ingredients together for the marinade, add the quails (or chicken) and rub them well into the marinade, cover with cling film and chill overnight in the fridge or for at least 4 hours.
2. Heat the olive in a large ovenproof pan or casserole, add the quails and fry quickly until golden.
3. Remove from the pan and place to one side
4. To the same pan add the chorizo slices, fry until golden , then remove and add to the quails
5. Return the pan to the heat again , add the onion, red peppers and cook for 5 minutes until lightly golden
6. Add the smoked paprika, bay leaves, tomatoes and any remaining marinade from the quails, cook for 5 minutes
7. Now add the rice, stir well to ensure the rice is well coated
8. Add the hot stock and bring to the boil, reduce the heat to low.
9. Return the quail, chorizo and any juices from their cooking to the pan, nestling on top of the rice.
10. Cover with a lid and cook gently for 40 minutes or until the rice is cooked and absorbed all the liquid
11. Leave to stand with the lid on for further 5 minutes.
12. Finally stir in the butter, scatter over the pomegranate seeds and sprinkle with the coriander and serve.