

Chicken & chorizo cous cous paella

Dietary Requirement	Problem Ingredient/s	Suggested Substitution/s
Nut allergy	-	-
Cow's milk allergy	Feta.	Omit.
Egg allergy	-	-
Fish allergy	-	-
Shellfish allergy	-	-
Sesame allergy	-	-
Soybean allergy	-	-
Wheat allergy	Cous cous.	Quinoa (extend cooking time).
Lupin allergy	-	-
Coeliac Disease	Cous cous.	Quinoa (extend cooking time).
Gluten intolerant	Cous cous.	Quinoa (extend cooking time).
Lactose intolerant	-	-
Low FODMAP	Red onion, garlic, chicken stock, cous cous, frozen peas.	Yellow capsicum, garlic infused olive oil, quinoa (extend cooking time), omit.
Vegetarian	Chorizo, chicken.	Omit, mushrooms.
Pescatarian	Chorizo, chicken.	Anchovies, prawns.
Vegan	Chorizo, chicken.	Omit, mushrooms.

This dietary requirement matrix is intended as a guide only. Always check the ingredients list and allergen labelling of packaged products. For further information on ingredients provided by Sprout see our website.

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