






More Than Food

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Petrifying Vegetarian Paella

Halloween is a bit like April Fools, everyone's playing practical jokes and leaping out behind doors to make others scream. "Saltimbocca" literally means to "jump in the mouth", so instead of jumping out of our skin with fear, we are jumping with joy at bringing you this classic Spanish recipe! The ghoulish green herbs combined with the crusty bottom makes for a fantastic mix of textures and a surefire dinnertime winner!

 35 mins

 lactose free

 veggie

 healthy

 gluten free



Red Pepper



Yellow Pepper



Garlic Clove



Flat Leaf Parsley



Cherry Tomatoes



Chestnut
Mushrooms



Vegetable Stock
Pot



Rosemary



Smoked Paprika



Turmeric




Basmati Rice



Lemon

Ingredients

	2P	4P
Red Pepper, sliced	1	2
Yellow Pepper, sliced	½	1
Garlic Clove, diced	1	2
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Cherry Tomatoes, halved	½ punnet	1 punnet
Chestnut Mushrooms, chopped	1 punnet	2 punnets
Vegetable Stock Pot 1	1	2
Rosemary	1 sprig	2 sprigs
Smoked Paprika	½ tsp	1 tsp
Turmeric	½ tsp	1 tsp
Basmati Rice	1 cup	2 cups
Lemon	½	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery

Nutrition per serving: Calories: 458 kcal | Protein: 12 g | Carbs: 96 g | Fat: 2 g | Saturated Fat: 1 g



1

1 Remove the stalk and core from the peppers and cut them into thin slices. Peel and finely dice the garlic, finely chop the parsley leaves and cut the tomatoes in half. Chop the mushrooms into chunks and boil 600ml of water with the vegetable stock pot.



2

2 Heat a tbsp of olive oil on high heat in a non-stick frying pan and fry off the mushrooms. They'll release water, so keep cooking them until this has evaporated and they are dry and browned off (it should take about 5 mins). Remove them and keep to the side.



3

3 Add 2 tsp of olive oil into the frying pan and (still on high heat) fry off all the pepper slices and cherry tomatoes for a few mins. Once they have softened up, add in the diced garlic, a tsp of rosemary leaves, the paprika and turmeric.



4

4 After 3 more mins, add in half the parsley and the rice. Cook

everything for a few mins until the rice absorbs the oil in the pan.

5 Next, add the 600ml of vegetable stock and the mushrooms. Give everything a good stir, reduce the heat to medium-low and cook for 15-20 mins, or until the rice has soaked up all of the liquid. **Tip:** *Don't stir the rice, as a good paella always has a crusty bottom!*

6 Have a siesta.

7 Once the liquid has soaked up, take the paella off the heat and cover it with a clean tea towel for 5 mins. Season with a pinch of salt and a few grinds of pepper to taste. Serve with the remaining parsley and big wedges of lemon. **Ándale!**