



Cooking Made Easy

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## Paella de Verduras de Temporada con Frijoles AKA Seasonal Veggie Paella

The Spanish are considered to be very passionate, especially when it comes to their food! Traditional paellas come in many forms, but most can be easily recreated in your own kitchen. Our newest Fresh Farm Veggie Paella encompasses delicious spices, seasonal vegetables (including our lovely wild mushrooms) and kidney beans to make this a well-rounded meal packed full of plant proteins! Place this beautiful and comforting dish right in the middle of your dinner table because after all, this communal style of eating is the best and most traditional way to enjoy it!



35 min



lactose free



vegan



gluten free



Garlic Clove



Onion



Red Pepper



Mushrooms



Organic Kidney Beans



Flat Leaf Parsley



Vegetable Stock Pot



Arborio Rice



Smoked Paprika



Turmeric



Tomato Purée



Peas



Lemon



Black Olives

## Ingredients

	2P	4P
Garlic Clove, chopped	2	4
Onion, chopped	1	2
Red Pepper, chopped	1	2
Mushrooms, chopped	1 punnet	2 punnets
Organic Kidney Beans	1 tin	2 tins
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Vegetable Stock Pot <b>1</b>	1	2
Arborio Rice	1 cup	2 cups
Smoked Paprika	½ tbsp	1 tbsp
Turmeric	½ tbsp	1 tbsp
Tomato Purée <b>2</b>	1 tbsp	2 tbsp
Peas	1 cup	2 cups
Lemon	½	1
Black Olives, chopped	1 sachet	2 sachets

🍷 May feature in another recipe

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

## Allergens

**1) Celery | 2) Sulphites**

**Nutrition per serving:** Calories: 796 kcal | Protein: 32 g | Carbs: 144 g | Fat: 4 g | Saturated Fat: 0 g



**1** Peel and finely chop the garlic and onion. Remove the stalk and the core from the pepper and chop it into ½cm squares. Roughly chop the mushrooms. Drain and rinse the beans. Remove the parsley leaves from their stems and roughly chop.



**2** Heat 1 tbsp of olive oil in a medium-sized frying pan over a medium-high heat. Add the garlic and onion. Gently fry for 1 minute or until soft. Add the red pepper and mushrooms. Gently fry for a further 2-3 mins or soft. **Tip:** Add a splash of white wine if you have it to help add another depth to this dish!



**3** Boil some water in a kettle. Place the stock pot into a large measuring jug. Add 500ml of boiling water. Stir until it's dissolved.



**4** Add the rice, smoked paprika and turmeric to the pepper and onion mix in the frying pan. Stir to coat and mix the ingredients.

**5** Pour in the stock. Add the kidney beans, half of the parsley, the tomato purée, peas and ¼ tsp of salt. Stir to combine and dissolve

the purée. Reduce the heat to medium-low and cook for about 20 mins. **Tip:** Don't be tempted to stir too much - good paella always has a crusty bottom (it's what's known as the 'socarrat')!

**6** Cover the frying pan with a lid for 5 mins before the end of cooking. **Tip:** If you don't have a lid for your pan, you can also use a big plate. But be careful when you take the plate off, it'll be hot! After this time, check the liquid has all soaked up and take the paella off the heat. Leave the lid on for a further 5 mins. While you're waiting, slice the lemon into wedges (you'll only really need to use half of it) and chop the olives.

**7** Serve by garnishing it with the remaining parsley, big wedges of lemon and the olives scattered over the top. Go for it! **Tip:** Some food trivia - paella is actually a dish that was named after its cooking pan and not a reference to its ingredients!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!