



More Than Food
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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. This FreshFarm veggie paella encompasses delicious spices, seasonal vegetables 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 mins

3 of your 5 a day

vegan

eat within 2 days


veggie

healthy

- | | | | | | | | |
|---------------------|-------------------------|------------------|-----------------------------|----------------------|-----------------------------|--------------------|-------------------------|
| Garlic Clove (4) | Onion (1) | Red Pepper (2) | Button Mushrooms (1 punnet) | Kidney Beans (1 tin) | Flat Leaf Parsley (1 bunch) | Water (800ml) | Vegetable Stock Pot (1) |
| Arborio Rice (350g) | Smoked Paprika (1 tbsp) | Turmeric (¾ tsp) | Tomato Purée (2 tbsp) | Peas (100g) | Lemon (1) | Black Olives (60g) | |

4 PEOPLE INGREDIENTS

- Garlic Clove, chopped **4**
- Onion, chopped **1**
- Red Pepper, chopped **2**
- Button Mushrooms, chopped **1 punnet**
- Kidney Beans **1 tin**
- Flat Leaf Parsley, chopped **1 bunch**
- Water **800ml**
- Vegetable Stock Pot **1**
- Arborio Rice **350g**
- Smoked Paprika **1 tbsp**
- Turmeric **3/4 tsp**
- Tomato Purée **2 tbsp**
- Peas **200g**
- Lemon **1**
- Black Olives, chopped **60g**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The world's largest paella was made in 2001 in Valencia and fed 110,000 people!

Allergens: Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	417 kcal / 1761 kJ	7 g	1 g	23 g	10 g	16 g	2 g
Per 100g	75 kcal / 315 kJ	1 g	0 g	4 g	2 g	3 g	0 g

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Peel and finely chop the **garlic** and **onion**. Remove the core from the **red pepper** and chop into ½cm squares. Roughly chop the **button mushrooms**. Drain and rinse the **kidney beans**. Remove the **parsley leaves** from their stalks and roughly chop them (discarding the stalks).



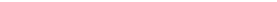
2 Heat a splash of **olive oil** in a medium-sized frying pan over medium-high heat. Add your **garlic** and **onion**. Gently fry for 1 minute or until soft. Add your **pepper** and **mushrooms**. Gently fry for a further 2-3 mins or until soft. **Tip:** Add a splash of white wine if you have any to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



3 Boil the **water** (amount specified in ingredient list) in a kettle. Place the **vegetable stock pot** into a large measuring jug, add the boiling **water** and stir until it's dissolved.



4 Add the **arborio rice**, **smoked paprika** and **turmeric** to your **pepper and onion mixture**. Stir to coat and mix the ingredients.



5 Pour in your **stock**, add your **kidney beans**, half of your **parsley**, the **tomato purée**, **peas** and a good pinch of **salt**. Stir to combine, then 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 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 use a big plate. Be careful when you take the plate off, it'll be hot! After this time, check the liquid has all soaked up and take your **paella** off the heat. Leave off the heat with the lid on for a further 5 mins. While you're waiting, slice the **lemon** into wedges and chop the **olives**.

7 Serve by garnishing with your remaining **parsley**, wedges of **lemon** and your **olives** scattered over the top. Go for it!

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