



SPANISH STYLE VEGGIE RICE

with Peppers, Mushrooms and Cherry Plum Tomatoes



HELLO ROSEMARY

In Ancient Greece, Rosemary was thought to strengthen the memory!



Red Pepper



Yellow Pepper



Garlic Clove



Flat Leaf Parsley



Cherry Plum Tomatoes



Lemon



Chestnut Mushrooms



Rosemary



Smoked Paprika



Turmeric



Basmati Rice



Water



Vegetable Stock Pot



One Pot Wonder

40 mins

3.5 of your 5 a day

Veggie

Requiring minimal effort, but resulting in maximum flavour, our veggie Spanish-style rice takes 'one-pot wonders' to new heights. Whilst ingredients like rosemary and turmeric wouldn't normally be found in a traditional paella, we've given it a HelloFresh twist to create a recipe we know you're going to love. Place this colourful dish in the middle of your table and enjoy in a traditional, communal style!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Frying Pan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Pop your kettle on to boil. Halve, then remove the core from the **peppers** and cut into ½cm wide slices. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all) and halve the **cherry plum tomatoes**. Zest the **lemon**, then chop the **lemon** into wedges. Chop the **mushrooms** into 1cm chunks. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks).



2 FRY THE MUSHROOMS

While you wait for your kettle to boil, heat a splash of **oil** in a frying pan on high heat and add the **chestnut mushrooms**. They'll release water, so keep stirring and cooking them until this has evaporated and they are browned, 5 mins.



3 COOK THE VEGGIES

Add another splash of **oil** to the frying pan if it's dry and (still on high heat) add the **peppers** and **cherry plum tomatoes**. Stir together and cook until they have softened, 5-6 mins. Then, add in the **garlic**, **rosemary leaves**, **smoked paprika** and **turmeric**. Cook for 1 minute.



4 ADD THE RICE

Add **half** the **parsley**, the **lemon zest** and the **basmati rice** to your pan. Stir and cook everything for a few mins so the **rice** can absorb the flavours in the pan.



5 STEAM THE RICE

Next, pour the boiling **water** (amount specified in the ingredient list) into a measuring jug and stir in the **vegetable stock pot** to dissolve. Add this to the pan and give everything a good stir. Bring to the boil, then reduce the heat to medium-low and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. ★ **TIP:** The rice will finish cooking in its own steam.



6 GARNISH AND SERVE

Once cooked, fluff up the **rice** with a fork and stir in the remaining **parsley**. Taste and add a pinch of **salt**, a grind of **black pepper** and a squeeze of **lemon juice** if you think it needs it. Serve the **Spanish-style veggie rice** with some **lemon wedges** on the side. **¡Ándale!**

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Yellow Pepper, sliced	½
Garlic Clove, grated	2
Flat Leaf Parsley, chopped	1 bunch
Cherry plum tomatoes, halved	½ punnet
Lemon	½
Chestnut Mushrooms, chopped	1 small punnet
Rosemary, chopped	2 sprigs
Smoked Paprika	1 tsp
Turmeric	¾ tsp
Basmati Rice	150g
Water *	300ml
Vegetable Stock Pot 9) 12)	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	343	85
(kJ)	1455	362
Fat (g)	2	0
Sat. Fat (g)	0	0
Carbohydrate (g)	72	18
Sugars (g)	12	3
Protein (g)	10	2
Salt (g)	2.44	0.61

ALLERGENS

9) Celery 12) Sulphites

Vegetable Stock Pot Ingredients: 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.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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