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## Tasteology Paella with Veggies, Samphire and Olives

To celebrate the launch of the beautiful online series Tasteology, we've put together a special recipe. Tasteology is a series that explores the science behind taste and combines crazy, beautiful film-making with comments from the world's leading food experts. One of the themes in episode one is 'foraging' and nothing epitomises foraging quite like British coastal samphire! Watch the series whilst you eat tonight's dinner at [www.aeg.co.uk/tasteology](http://www.aeg.co.uk/tasteology)

30 mins

lactose free

veggie

gluten free

healthy

vegan



Onion (1)



Yellow Pepper (1)



Garlic Clove (2)



Black Olives (1 pack)



Chervil (3 tbsp)



Smoked Paprika (1 tbsp)



Turmeric (½ tsp)



Water (750ml)



Arborio Rice (¾ cup)



Vegetable Stock Pot (1)



Cherry Tomatoes (1 punnet)



Samphire (1 pack)



Lemon (1)

## 2 PEOPLE INGREDIENTS

- Onion, chopped
- Yellow Pepper, sliced
- Garlic Clove, grated
- Black Olives, chopped
- Chervil, chopped
- Smoked Paprika
- Turmeric

- 1 • Water 750ml
- 1 • Arborio Rice ¾ cup
- 2 • Vegetable Stock Pot 1
- 1 pack • Cherry Tomatoes, halved 1 punnet
- 3 tbsp • Samphire 1 pack
- 1 tbsp • Lemon 1
- ½ tsp

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

### Did you know...

Samphire is actually a sea vegetable hence its salty nature!

**Allergens:** Celery, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	390 kcal / 1652 kJ	5 g	1 g	14 g	7 g	10 g	3 g

**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.

1



1 Cut the **onion** in half through the root, peel and chop into roughly 1cm pieces. Remove the core from the **pepper** and slice into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one!). Roughly chop the **olives** and roughly chop the **chervil**.

3



2 Put a large frying pan on medium heat and add a splash of **oil** and your **onion**. Fry the onion for 5 mins until soft, then add your **pepper** and turn the heat up slightly. Add a pinch of **salt** and a good grind of **pepper** and fry your **onion** and **pepper** together for another 5 mins until slightly browned. Add in the **smoked paprika**, **turmeric** and **garlic** and cook for another minute.

3 Pre-heat your oven to 200 degrees for later. Add the **arborio rice** to the pan and stir it around so it gets a nice coating of your spices and oil, then add the **water** (as specified in the ingredients) and the **vegetable stock pot**.

5



4 Add a pinch of **salt** and a good grind of **pepper**. Stir everything together and bring to a gentle simmer (make sure your **stock pot** has dissolved). Simmer your paella for 15-20 mins until all the liquid has been absorbed and the rice is 'al dente'.

**Tip:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle. If the liquid has all been absorbed before your rice is cooked, just add another splash of **water**. Stir your paella from time to time while it is cooking, but not too much as a good paella has a nice crust on it from the bottom of the pan!

5 While your paella is cooking, cut the **cherry tomatoes** in half through the equator, put them on a baking tray, drizzle over some **olive oil**, sprinkle over a pinch of **salt** and grind over some **black pepper**. Put in your oven to cook for 10-15 mins. Once cooked, remove the **cherry tomatoes** from your oven and leave to the side.

6



6 Five mins before your paella is cooked, rinse the **samphire** in a colander under running water. Put a frying pan on medium heat and add a drizzle of **oil** and the **samphire** (don't worry if it's still a bit wet, this will help it cook). Grind over some **black pepper** and cook the **samphire** for 3 mins, then remove from the heat.

7 Once your paella is cooked, turn off the heat. Squeeze over a little **lemon** juice and add in your **olives**, roasted **tomatoes** and three quarters of your **chervil**. Stir everything together and serve in bowls with your **samphire** on top and the rest of your **chervil** sprinkled over. Cut any remaining **lemon** into wedges and squeeze these over if you want it extra lemony! Enjoy!

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