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Vegetarian Paella

with Toasted Almonds



30-40min



4 Portions

This vegetarian twist on classic paella is an impressive dinner, whether you're planning for midweek entertaining or just want to treat yourself to a nourishing, gourmet meal. We've packed it with great-for-you veggies, upped the indulgence with chargrilled artichoke hearts and finished it all with crunchy golden almonds. Enjoy!

What we send

- Blend, Paella Spice Mix (4g Smoked Paprika, 8g Sweet Paprika, 2g Turmeric)
- parsley and 3 garlic cloves
- marinated artichoke hearts
- green peas
- arborio rice
- vegetable stock concentrate
- slivered almonds ¹⁵
- tomato
- red capsicum
- onion
- zucchini

What you'll require

- olive oil

Utensils

- chargrill or frypan
- Colander
- Kettle
- large frypan
- paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Tree Nuts (15). May contain traces of other allergens.

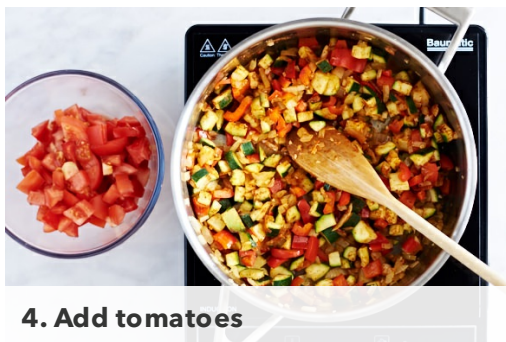
Nutrition per serving

Energy 560.0kcal, Fat 12.0g, Proteins 17.9g, Carbs 87.8g



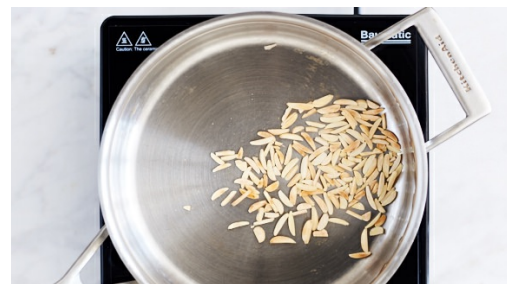
1. Prepare ingredients

Bring a kettle to the boil for the stock. Finely chop the **zucchini, onion** and **garlic**. Finely chop the **capsicum**, discarding the seeds and membrane. Coarsely chop the **tomatoes**. Pick the **parsley** leaves (discard stems) and coarsely chop.



4. Add tomatoes

Add the **spice mix** to the pan and cook for 30 secs. Add the **tomato** and cook for 2 mins.



2. Toast almonds

Heat a large frypan over medium heat and toast the **almonds** for 2-3 mins, shaking the pan regularly until light golden. Remove from the pan.



5. Simmer rice

Add the **rice** and stir to combine. Add the **vegetable stock** and bring to a simmer, then reduce heat and gently simmer, covered, for 20 mins or until rice is tender. Remove the lid and, if necessary, cook for a further 5 mins or until liquid is almost all absorbed.



3. Start cooking paella

Heat 1 tbs **oil** in the same pan over medium heat. Cook the **onion, garlic, capsicum** and **zucchini** for 4-5 mins until vegetables soften. Combine the **vegetable stock concentrate** with 750ml (3 cups) boiling water in a jug.



6. Finish cooking paella

Heat a chargrill pan over medium-high heat. Drain the **artichoke hearts** and gently pat dry with paper towel. Chargrill for 2 mins each side. Stir the **peas** through the **rice** then nestle in the artichokes. Cook, without stirring, for 2-3 mins to allow a crust to form on the base. Scatter **toasted almonds** and **parsley** over paella to serve.