

SPANISH VEGETABLE PAELLA

EUROPE
/ SPAIN

ORIGINS

Created in the region of Valencia on Spain's east coast during the 15th century, Paella was named after the Catalan word for 'pan'. Fieldworkers made a simple way to cook the locally grown rice whilst in the fields. The rice was flavoured with saffron and paprika and, on special occasions, meat like duck or chicken. Given the region's proximity to the Mediterranean Sea, the addition of seafood became a staple.



4



10 min



45 min



WHAT YOU NEED

- 1/2 pkg (15 g) Spanish spice
- 10 kalamata olives
- 1 capsicum, sliced
- 2 cups paella rice*
- 1 onion, chopped
- 1 l vegetable stock
- 1 tbsp dried capers
- 1 lemon
- 100 g preserved artichokes
- 200 g frozen peas

HOW TO MAKE

①

Sauté onion and capsicum, 5 min. Add spice, sauté 1 min. Stir in rice sauté 3 min.

②

Add 500 ml stock, capers, olives, cover and cook on low for 25 min.

③

Add remaining stock, peas and artichokes, cook on low 10 min till liquid fully absorbed.

④

Turn up the heat and create a crispy crust on the bottom of the pan.

HOW TO SERVE

Season with 2 tbsp lemon juice and garnish with fresh lemon wedges and parsley.

HINTS & TIPS

SIDES & CONDIMENTS

The ingredient combination in a paella are endless, and the recipe allows you to use any ingredients you have on hand. Eggplant, mushroom and tofu are some excellent examples.

SWAPS & ALTERNATIVES

veggie combos: use roasted red pepper instead of fresh capsicum for a sweeter smoky flavour. Add eggplant and mushrooms for a heartier version.

alternative: paella rice*= any short grain rice will work.

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