



# CATALAN SMOKY PAELLA

with Artichoke Hearts, Peas and Olives



## HELLO PAELLA

A classic Valencian rice dish with smoky flavour

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 516



Red Onion, chopped



Orange Bell Pepper



Grape Tomatoes



Parsley



Vegetable Broth Concentrate



Arborio Rice



Smoked Paprika



Garlic Powder



Artichoke Hearts



Mixed Olives



Sherry Vinegar



Peas

## BUST OUT

- Large Non-Stick Pan
- Measuring Spoons
- Measuring Cups
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Strainer

## INGREDIENTS

2-person

- Red Onion, chopped 56 g
- Orange Bell Pepper 190 g
- Grape Tomatoes 170 g
- Parsley 10 g
- Vegetable Broth Concentrate 1
- Arborio Rice  $\frac{3}{4}$  cup
- Smoked Paprika 1 tsp
- Garlic Powder 1 tsp
- Artichoke Hearts 9 1 can
- Mixed Olives 9 30 g
- Sherry Vinegar 9 1 tbsp
- Peas  $\frac{2}{3}$  cup

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix      |
| 1 Wheat/Blé            | 6 Mustard/Moutarde   |
| 2 Milk/Lait            | 7 Peanut/Cacahuète   |
| 3 Egg/Oeuf             | 8 Sesame/Sésame      |
| 4 Soy/Soja             | 9 Sulphites/Sulfites |

\*Laver et sécher tous les aliments.

## START STRONG



Patting the artichoke hearts dry in step 1, helps remove any excess moisture, making for a great eating experience!



**1 PREP** Wash and dry all produce.\* Core and cut the **bell pepper** into thin strips. Drain and rinse the **artichoke hearts**. Pat them dry with paper towels, then cut into quarters.



**2 COOK VEGGIES** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **onions** and **bell peppers**. Cook, stirring occasionally, until the onions soften, 4-5 min. Season with **salt** and **pepper**.



**3 ADD RICE** Reduce the heat to medium. Add the **rice**, **1 tbsp sherry vinegar**, **smoked paprika** and **garlic powder** to the pan. Stir until combined.



**4 COOK PAELLA** Add the **artichokes**, **tomatoes**, **broth concentrate** and **2 1/2 cups water** to the pan. Cover with a lid and cook, stirring occasionally, until all the liquid is absorbed and the rice is tender, 25-28 min.



**5 PREP** Meanwhile, roughly chop the **parsley** and **olives**.



**6 FINISH AND SERVE** Stir the **olives**, **peas** and **half the parsley** into the **paella**. Season with **salt** and **pepper**. Divide the paella between bowls. Sprinkle with the **remaining parsley**.

**OLÉ!**

You've just mastered this Spanish one-pan dish!