



# VEGGIE-LOADED SPANISH PAELLA

with Kidney Beans, Red Bell Pepper and Mushrooms

VEGGIE



## HELLO PAELLA

A classic Valencian dish studded with beans and veggies

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 703



Red Bell Pepper



White Mushrooms



Onion, chopped



Arborio Rice



Spanish Rice Spice Blend



Kidney Beans



Tomato Paste



Vegetable Broth Concentrate



Lemon



Parsley



Mixed Olives



Green Peas

## BUST OUT

- Strainer
- Salt
- Large Non-Stick Pan
- Pepper
- Measuring Cups
- Olive or Canola oil
- Spatula

## INGREDIENTS

2-person

- Red Bell Pepper 230 g
- White Mushrooms 227 g
- Onion, chopped 1 pkg (56 g)
- Arborio Rice 1 pkg (170 g)
- Spanish Rice Spice Blend 1 pkg (2 tsp)
- Kidney Beans 1 can
- Tomato Paste 1 pkg (2 tbsp)
- Vegetable Broth Concentrate 2
- Lemon 1
- Parsley 1 pkg (10 g)
- Mixed Olives 9 1 pkg (30 g)
- Green Peas 1 pkg (113 g)

## ALLERGENS

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

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

## START STRONG

Good paella always has a crispy bottom – it's known as the **"socarrat"**! A non-stick pan works best in this recipe to achieve that crispness. If you only have a stainless steel pan, skip that part in Step 4 as it may cause the rice to stick to the pan.



**1 PREP** Wash and dry all produce. Core and cut the **pepper** into ½-inch pieces. Roughly cut the **mushrooms**. Drain and rinse the **beans**.



**2 START PAELLA** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **peppers, mushrooms** and **onions**. Cook, stirring occasionally, until onions soften, 3-4 min. Season with **salt** and **pepper**.



**3 COOK PAELLA** Reduce the pan to medium heat. Add the **rice, spice blend, beans** and **tomato paste** to the pan. Stir together. Add **2 ½ cups water** and **broth concentrates**. Cover and cook, stirring occasionally, until all the liquid is absorbed and the rice is tender, 25-28 min.



**4 PREP** Meanwhile, cut the **lemon** into wedges. Roughly chop the **parsley** and **olives**. When the **rice** is cooked, remove the lid. Increase the heat to high. Cook until the bottom of the **paella** is crisp, 4-5 min. (Slide a spatula between the rice and the pan to see if the underside has a nice crust.)



**5 FINISH PAELLA** Stir the **olives, peas** and **half the parsley** into the **paella**. Season with **salt** and **pepper**.



**6 FINISH AND SERVE** Divide the **paella** between bowls. Sprinkle with **remaining parsley** and squeeze over a **lemon wedge**.

## SALUD!

It's like you've just been transported to the south of Spain.